UNIT ONE

LIVING WELL IN A COMPLEX WORLD

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

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UNIT ONE

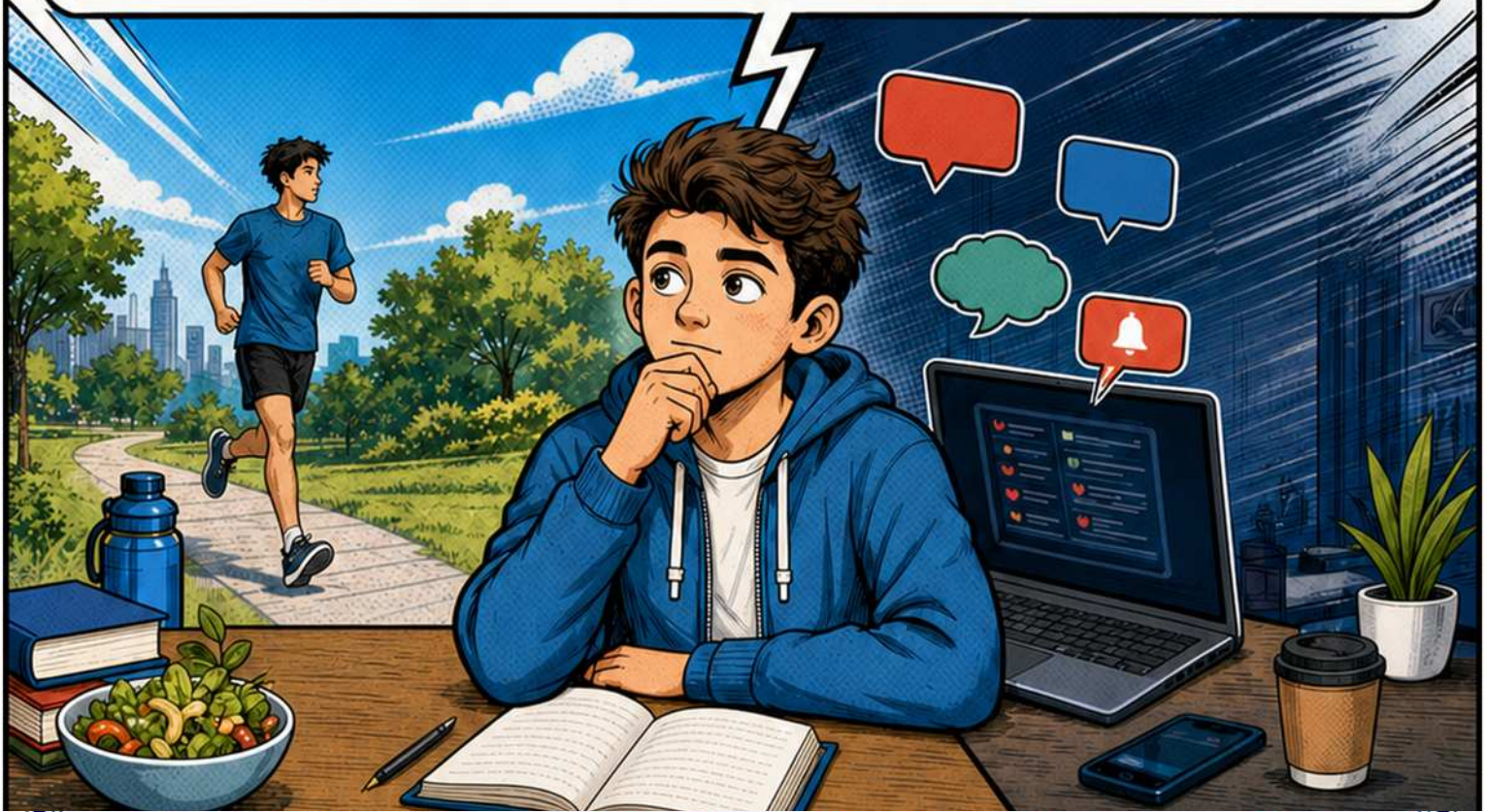
Living Well in a Complex World

BALANCE	MINDFULNESS	HEALTH
IDENTITY	SOCIAL MEDIA	COMMUNITY
HABITS	WELL-BEING	RESILIENCE

نواتج التعلم Learning Outcomes

- **Reading:** Identify bias in media texts; recognize rhetorical questions, intensifiers, absolute language and hedging; evaluate evidence and perspectives.
- **Language:** Use participial phrases, relative clauses, if-conditionals and hedging techniques accurately.
- **Listening:** Compare perspectives on social media, cultural influences and responsibility for well-being.
- **Speaking:** Express and justify opinions about healthy habits, social-media responsibility and cultural definitions of success.
- **Writing:** Write balanced, evidence-based analytical paragraphs using claims, reasons, evidence, explanation and a conclusion.

Unit focus: well-being is shaped by personal choices, social influences, culture, media, and access to healthy opportunities.
تزكز الوحدة على أن الرفاهية تتشكل من الاختيارات الشخصية، والتأثيرات الاجتماعية، والتقافة، والإعلام، وإمكانية الوصول إلى فرص صحية.



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UNIT 1 I VOCABULARY

المفردات

1 Key Vocabulary المفردات الأساسية

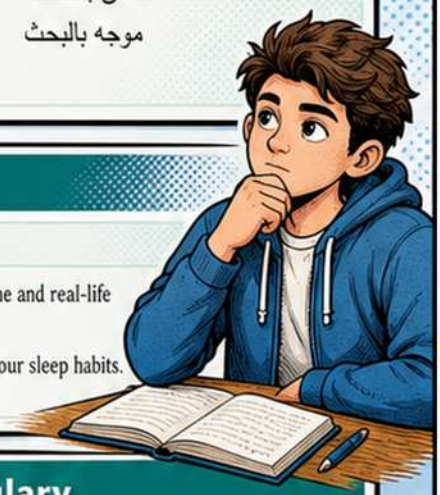
Word	المعنى	Word	المعنى
well-being	الرفاهية / العافية	self-image	الصورة الذاتية
self-esteem	تقدير الذات	social comparison	المقارنة الإجتماعية
bias	تحيز	curated	منتقى ومنسق بعناية
unrealistic	غير واقعي	perspective	وجهة نظر / منظور
evidence	دليل / شواهد	media literacy	الثقافة الإعلامية
rhetorical question	سؤال بلاغي	intensifier	أداة تقوية / تشديد
hedging	التحفظ أو التخفيف اللغوي	absolute	قطعي / مطلق
neutral	محايد	sedentary	قليل الحركة
mindfulness	اليقظة الذهنية	nutritionist	أخصائي تغذية

2 Key Compound Adjectives الصفات المركبة الأساسية

Compound adjective	المعنى	Compound adjective	المعنى
fast-changing	سريع التغير	image-based	قائم على الصور
screen-based	قائم على الشاشات	evidence-based	قائم على الأدلة
well-balanced	متوازن جيدًا	high-caffeine	عالي الكافيين
well-documented	موثق جيدًا	stress-free	خال من التوتر
long-term	طويل المدى	short-term	قصير المدى
highly-curated	منسق بعناية شديدة	health-related	متعلق بالصحة
community-based	مجتمعي / قائم على المجتمع	research-led	موجه بالبحث
self-aware	واع بذاته		

3 Key Idioms تعبيرات مهمة

Idiom	Meaning	Example
strike a balance	find a reasonable middle point	Teenagers need to strike a balance between screen time and real-life activities.
a wake-up call	an event that makes you realize a problem	Constant tiredness can be a wake-up call to improve your sleep habits.



4 Accumulative Vocabulary مفردات تراكمية

Word	المعنى	Word	المعنى
identity	هوية	expectation	توقع
influence	تأثير	evaluate	يُقيِّم

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UNIT 1 Exercise on Vocabulary

تدريبات المفردات

Choose the correct answer from a, b, c or d.

1 Key Vocabulary المفردات الأساسية

1. Regular sleep is essential for teenagers' _____.
   a. measurable b. well-being c. recovery d. unrealistic

2. Edited photos can affect a teenager's _____.
   a. fatigue b. bias c. sedentary d. self-image

3. Positive feedback can improve students' _____.
   a. media literacy b. rhetorical question c. well-being d. self-esteem

4. Constant _____ may make people feel that others have better lives.
   a. social comparison b. concentration c. fatigue d. perspective

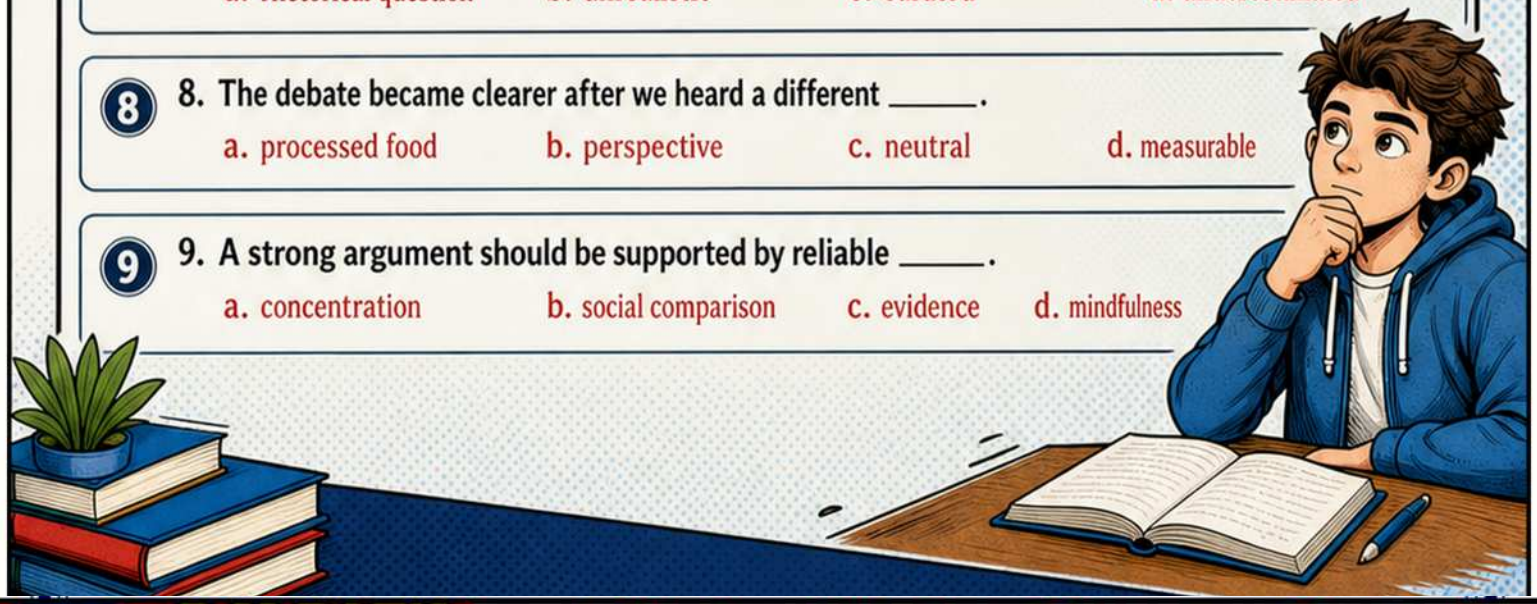
5. A fair reader should identify _____ before accepting a media claim.
   a. bias b. recovery c. fatigue d. media literacy

6. Most influencer pages show a carefully _____ version of daily life.
   a. nutritionist b. perspective c. curated d. underestimated

7. Perfect online routines can create _____ expectations.
   a. rhetorical question b. unrealistic c. curated d. underestimated

8. The debate became clearer after we heard a different _____.
   a. processed food b. perspective c. neutral d. measurable

9. A strong argument should be supported by reliable _____.
   a. concentration b. social comparison c. evidence d. mindfulness



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UNIT 1 EXERCISE ON VOCABULARY

تدريبات المفردات

1 Key Vocabulary المفردات الأساسية

10. Students need _____ to judge online information critically.
a. neutral b. media literacy c. absolute d. resilience

11. "Do we really need to be perfect?" is a _____.
a. self-image b. evidence c. rhetorical question d. media literacy

12. The word "extremely" is an _____ that makes an adjective stronger.
a. perspective b. intensifier c. resilience d. unrealistic

13. Using "may" instead of "always" is a form of _____.
a. curated b. perspective c. hedging d. concentration

14. Words such as "everyone" and "never" often create _____ claims.
a. self-esteem b. curated c. neutral d. absolute

15. A balanced report should use _____ language.
a. rhetorical question b. resilience c. self-esteem d. neutral

16. Long hours of sitting can lead to a _____ lifestyle.
a. mindfulness b. sedentary c. well-being d. nutritionist

17. Ten minutes of quiet breathing is a simple form of _____.
a. resilience b. social comparison c. sedentary d. mindfulness

18. A _____ can advise families about healthy eating.
a. social comparison b. neutral c. perspective d. nutritionist

19. Too much _____ may contain high levels of salt and sugar.
a. unrealistic b. processed food c. curated d. intensifier

2 Compound Adjectives الصفات المركبة

20. Teenagers need flexible skills for our _____ world.
a. evidence-based b. research-led c. fast-changing d. highly-curated

21. Photo-sharing apps are mainly _____ platforms.
a. image-based b. evidence-based c. stress-free d. highly-curated

22. Many students have developed _____ habits after long hours online.
a. fast-changing b. stress-free c. community-based d. screen-based

23. Doctors prefer _____ advice rather than online rumours.
a. evidence-based b. image-based c. highly-curated d. well-documented

24. A _____ diet includes a variety of healthy foods.
a. self-aware b. short-term c. well-balanced d. screen-based

25. Too many _____ drinks may make sleep difficult.
a. stress-free b. research-led c. well-documented d. high-caffeine

26. The link between sleep and attention is _____ in health research.
a. well-documented b. research-led c. highly-curated d. high-caffeine

27. A short walk can create a calmer, more _____ break.
a. fast-changing b. short-term c. stress-free d. image-based

28. Healthy routines can have _____ benefits.
a. screen-based b. fast-changing c. long-term d. well-balanced

29. A quick diet may produce only _____ results.
a. research-led b. short-term c. highly-curated d. screen-based

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UNIT 1 Exercise on Vocabulary

1 تدريبات المفردات

30. Celebrity feeds often present a _____ image of life.
a. highly-curated b. evidence-based c. health-related d. screen-based
31. Students discussed several _____ challenges.
a. health-related b. image-based c. long-term d. research-led
32. The sports programme is _____ and open to local families.
a. self-aware b. well-balanced c. long-term d. community-based
33. The school introduced a _____ well-being programme.
a. evidence-based b. research-led c. self-aware d. image-based
34. A _____ student recognizes when stress is becoming too much.
a. highly-curated b. high-caffeine c. self-aware d. research-led

2 التعبيرات المهمة Key Idioms

35. Students should _____ between studying, exercise, and relaxation.
a. strike a balance b. miss the point c. break the ice d. lose track
36. After fainting from exhaustion, the incident was _____ that he needed more rest.
a. a wake-up call b. a piece of cake c. under the weather d. on the fence

3 المفردات التراكمية Accumulative Vocabulary

37. Culture and family can help shape a young person's _____.
a. identity b. habit c. choice d. healthy
38. Social media may create the _____ that everyone is successful all the time.
a. expectation b. lifestyle c. habit d. influence
39. Friends can have a strong _____ on our habits.
a. support b. habit c. influence d. critical
40. Before sharing a post, _____ its source and evidence.
a. assumption b. support c. responsibility d. evaluate
41. The claim is based on an unfair _____ about teenagers.
a. assumption b. support c. maintain d. responsibility
42. Using technology wisely is a shared _____.
a. pressure b. responsibility c. confidence d. challenge
43. Drinking water regularly is a healthy _____.
a. habit b. confidence c. pressure d. responsibility
44. It is easier to _____ a routine when goals are realistic.
a. connection b. critical c. responsibility d. maintain
45. Reducing screen time can be a difficult _____.
a. challenge b. expectation c. pressure d. connection
46. Face-to-face conversation strengthens social _____.
a. confidence b. support c. critical d. connection
47. Perfect images can create unnecessary _____.
a. pressure b. lifestyle c. confidence d. influence
48. Small achievements can build _____.
a. support b. connection c. confidence d. affect
49. Daily choices are part of a person's _____.
a. lifestyle b. balance c. connection d. evaluate
50. Ideas of success vary from one _____ to another.
a. assumption b. support c. influence d. culture
51. A healthy life requires _____ between work and rest.
a. choice b. evaluate c. affect d. balance

4 المفردات التراكمية Accumulative Vocabulary

Word	المعنى	Word	المعنى
identity	هوية	expectation	توقع
influence	تأثير	evaluate	يقيّم

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UNIT 1 II DEFINITIONS, SYNONYMS & ANTONYMS

التعريفات والمترادفات والمتضادات

1 Definitions التعريفات

Word	Definition
well-being	the state of being healthy, comfortable, and satisfied with life
self-esteem	the value and confidence a person feels about himself or herself
bias	a preference or unfair tendency that prevents complete neutrality
curated	carefully selected, organized, and presented
perspective	a particular way of thinking about or viewing an issue
evidence	facts, examples, or information used to support a claim
media literacy	the ability to access, analyze, evaluate, and create media critically
hedging	using cautious language to avoid making a claim too absolute
sedentary	involving a lot of sitting and very little physical movement
mindfulness	careful attention to the present moment without quick judgement
nutritionist	a specialist who advises people about food and healthy eating
fatigue	extreme tiredness caused by effort, stress, or lack of rest
resilience	the ability to recover and adapt after difficulty or stress
measurable	able to be counted, tracked, or clearly assessed

2 Synonyms المترادفات

Word	Synonym (= Meaning)
well-being	welfare, wellness
bias	prejudice, partiality
curated	selected, organized
unrealistic	impractical, unreasonable
perspective	viewpoint, outlook
evidence	proof, support
neutral	impartial, unbiased
fatigue	tiredness, exhaustion
resilience	toughness, adaptability
measurable	quantifiable, trackable
underestimated	undervalued, underrated

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UNIT 1 Definitions, Synonyms & Antonyms

التعريفات والمترادفات والمتضادات

3 Antonyms المتضادات

Word	Antonym (= Opposite)
well-being	illness, distress
bias	fairness, impartiality
curated	random, unselected
unrealistic	realistic, practical
neutral	biased, emotional
sedentary	active, energetic
fatigue	energy, freshness
resilience	fragility, vulnerability
measurable	unmeasurable, vague
underestimated	overestimated, valued highly

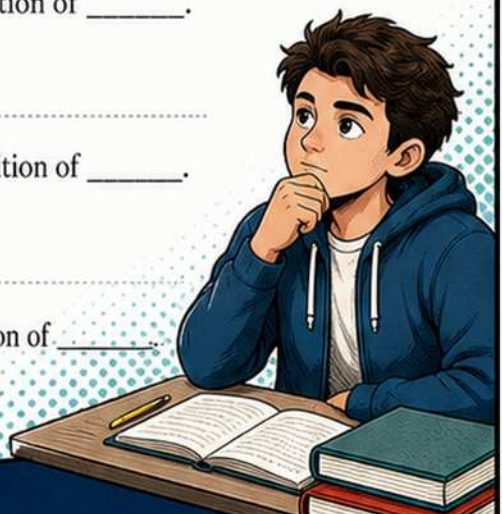
Exercise on Definitions, Synonyms & Antonyms تمرينات التعريفات والمترادفات والمتضادات

Choose the correct answer from a, b, c or d.
اختر الإجابة الصحيحة من بين د أو ج أو ج أو أ.

1. "the state of being healthy, comfortable, and satisfied with life" is the definition of _____.
   a. well-being b. media literacy c. hedging d. bias

2. "the value and confidence a person feels about himself or herself" is the definition of _____.
   a. media literacy b. fatigue c. self-esteem d. measurable

3. "a preference or unfair tendency that prevents complete neutrality" is the definition of _____.
   a. nutritionist b. bias c. resilience d. sedentary



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UNIT 1 EXERCISE ON DEFINITIONS & SYNONYMS

1 DEFINITIONS

4. Which word means "carefully selected, organized, and presented"?
   a. curated b. bias c. evidence d. resilience
5. Which word means "a particular way of thinking about or viewing an issue"?
   a. evidence b. mindfulness c. media literacy d. perspective
6. Which word means "facts, examples, or information used to support a claim"?
   a. fatigue b. bias c. sedentary d. evidence
7. Which word means "the ability to access, analyze, evaluate, and create media critically"?
   a. hedging b. well-being c. media literacy d. nutritionist
8. Which word means "using cautious language to avoid making a claim too absolute"?
   a. hedging b. measurable c. resilience d. evidence
9. Which word means "involving a lot of sitting and very little physical movement"?
   a. sedentary b. curated c. hedging d. resilience
10. Which word means "careful attention to the present moment without quick judgement"?
    a. fatigue b. sedentary c. self-esteem d. mindfulness
11. Which word means "a specialist who advises people about food and healthy eating"?
    a. measurable b. hedging c. resilience d. nutritionist
12. Which word means "extreme tiredness caused by effort, stress, or lack of rest"?
    a. fatigue b. self-esteem c. media literacy d. measurable
13. Which word means "the ability to recover and adapt after difficulty or stress"?
    a. sedentary b. nutritionist c. measurable d. resilience
14. Which word means "able to be counted, tracked, or clearly assessed"?
    a. resilience b. self-esteem c. measurable d. hedging

2 SYNONYMS

15. The underlined word "curated" is closest in meaning to _____.
    a. selected b. ignored c. destroyed d. hidden
16. "Perspective" is to "viewpoint" as "fatigue" is to _____.
    a. tiredness b. strength c. balance d. confidence
17. A synonym for "neutral" is _____.
    a. impartial b. emotional c. biased d. aggressive
18. The word "resilience" can be replaced by _____.
    a. adaptability b. weakness c. silence d. pressure
19. "Underestimated" is closest in meaning to _____.
    a. undervalued b. celebrated c. measured d. balanced
20. A synonym for "evidence" is _____.
    a. proof b. habit c. choice d. pressure

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UNIT 1 Exercise on Definitions, Synonyms & Antonyms

التدريبات

3 Antonyms المتضادات

21. The opposite of “sedentary” is _____.

a. active b. tired c. quiet d. biased

22. The opposite of “unrealistic” is _____.

a. practical b. absolute c. curated d. social

23. The antonym of “neutral” is _____.

a. biased b. balanced c. objective d. fair

24. “Resilience” is opposite in meaning to _____.

a. fragility b. confidence c. recovery d. support

25. The opposite of “fatigue” is _____.

a. energy b. pressure c. stress d. sleep

26. The antonym of “underestimated” is _____.

a. overestimated b. ignored c. measured d. selected

27. The opposite of “bias” is _____.

a. impartiality b. comparison c. identity d. influence

28. The opposite of “well-being” is _____.

a. distress b. balance c. health d. recovery

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UNIT 1 III VOCABULARY STUDY

دراسة المفردات

1 Collocations المتلازمات اللفظية

Verb	Common partner	المعنى
build	self-confidence	يبني الثقة بالنفس
maintain	well-being	يحافظ على الرفاهية
evaluate	evidence	يقيّم الأدلة
reduce	screen time	يقلّل وقت الشاشة
develop	healthy habits	يطور عادات صحية
shape	identity	يشكل الهوية
raise	awareness	يرفع الوعي
manage	stress	يدير التوتر

2 Expressions & Prepositions التعبيرات وحروف الجر

Expression	المعنى
be affected by	يتأثر بـ
compare yourself with/to	يقارن نفسه بـ
be responsible for	يكون مسؤولاً عن
have an impact on	يؤثر في
be linked to	يرتبط بـ
focus on	يركز على
at risk of	معرّض لخطر
in contrast to	على النقيض من
according to	وفقًا لـ
in the long run	على المدى الطويل

3 Word Families المشتقات

Verb/Noun	Noun	Adjective	Adverb
evaluate (v)	evaluation (n)	evaluative (adj)	evaluatively (adv)
influence (v/n)	influential (adj)	influence (n)	influentially (adv)
compare (v)	comparison (n)	comparative (adj)	comparatively (adv)
confidence (n)	confident (adj)	confidently (adv)	—
balance (n/v)	balanced (adj)	unbalanced (adj)	—

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UNIT 1 Vocabulary Study - Derivatives

المشتقات

Form	Example
evaluate	The teacher asked us to evaluate the reliability of the post.
evaluation	Critical evaluation protects readers from misleading claims.
evaluative	"Amazing" is an evaluative adjective because it expresses judgement.
influence	Friends can influence the choices we make.
influential	Social media is influential in shaping some trends.
comparison	Constant comparison can lower self-esteem.
comparative	The report provides a comparative view of two cultures.
confidence	Regular achievement can build confidence.
confident	A confident student can express an opinion clearly.
confidently	She spoke confidently during the discussion.
balance	We need a balance between online and offline life.
balanced	A balanced routine includes work, exercise and rest.
measure	Researchers measure changes in sleep quality.
measurement	Accurate measurement helps us track progress.
measurable	Set measurable goals rather than vague ones.

4 مشتقات إضافية More Word Families

Base / Noun	Adjective / Noun	Related form
nutrition	nutritional	nutritionist
mind	mindful	mindfulness
responsibility	responsible	responsibly
evidence	evident	evidently
resilience	resilient	resiliently
persuade	persuasion	persuasive

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UNIT 1 Vocabulary Study - Confusing Words

كلمات يختلط معناها

Word	Meaning
affect (v)	to influence
advice (n)	a recommendation
personal (adj)	belonging to one person
sensible (adj)	reasonable and practical
healthy (adj)	in good health
lose (v)	fail to keep
accept (v)	receive or agree to
assure (v)	tell a person confidently

Word	Meaning
effect (n)	a result or consequence
advise (v)	to recommend
personnel (n)	staff or employees
sensitive (adj)	easily affected emotionally
healthful (adj)	helping to produce good health
loose (adj)	not tight
except (prep)	not including
ensure (v)	make certain that

Tip: choose the word by grammar and meaning, not by sound alone.

نصيحة: أختر الكلمة بناءً على المعنى والقواعد وليس التشابه في النطق فقط.

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UNIT 1 Exercise on Vocabulary Study

تدريبيات دراسة المفردات

1 المتلازمات اللفظية Collocations

1. Reading different sources helps students _____ evidence.
   a. evaluate b. catch c. make d. take
2. A regular sleep schedule helps _____ well-being.
   a. maintain b. perform c. spend d. collect
3. Schools should _____ awareness of digital well-being.
   a. raise b. rise c. lift up d. grow
4. Good habits can _____ self-confidence.
   a. build b. break c. miss d. drop
5. Notifications can make it difficult to _____ stress.
   a. manage b. shape c. measure d. compare
6. Family and culture can _____ identity.
   a. shape b. raise c. lose d. reduce

2 التعبيرات Expressions

7. Teenagers can be strongly affected _____ online comments.
   a. by b. with c. to d. at
8. The new routine had a positive impact _____ her sleep.
   a. on b. in c. at d. for
9. He often compares himself _____ famous athletes.
   a. with b. from c. of d. at
10. Physical activity is linked _____ improved mood.
    a. to b. for c. on d. by

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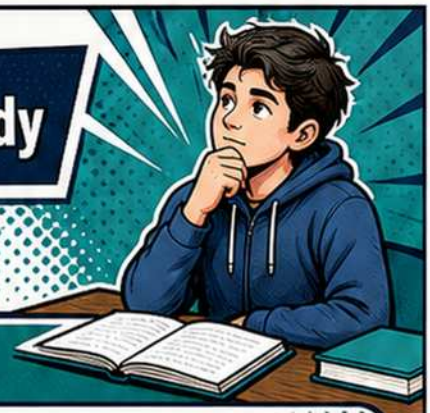
UNIT 1 Exercise on Vocabulary Study

تدريبات دراسة المفردات



3 Prepositions حروف الجر

11. Parents are responsible _____ helping younger children use media safely.
    a. for b. of c. to d. at

12. Students should focus _____ evidence rather than popularity.
    a. on b. in c. by d. of

13. Some teenagers may be at risk _____ poor sleep when they use phones late at night.
    a. of b. to c. from d. with

4 Derivatives المشتقات

14. The article offers a balanced _____ of the problem.
    a. evaluation b. evaluate c. evaluative d. evaluating

15. The speaker was very _____ and supported every point with evidence.
    a. persuasive b. persuasion c. persuaded d. persuasively

16. We need _____ goals that can be tracked over time.
    a. measurable b. measurement c. measure d. measuredly

17. Her _____ grew after she completed the presentation successfully.
    a. confidence b. confident c. confidently d. confide

18. Regular exercise can improve emotional _____.
    a. resilience b. resilient c. resiliently d. resist

19. The school invited a _____ to discuss healthy meals.
    a. nutritionist b. nutrition c. nutritional d. nutritious

20. Mindful breathing can increase _____.
    a. mindfulness b. mindful c. mindfully d. mind

21. The report clearly shows the _____ of family habits on sleep.
    a. influence b. influential c. influentially d. influenced

22. The two lifestyles were studied _____.
    a. comparatively b. comparison c. compare d. comparative

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UNIT 1 Exercise on Vocabulary Study

تدريبات دراسة المفردات

5 Confusing Words الكلمات المتشابهة

23 Lack of sleep can _____ your concentration.

a. affect
b. effect
c. affection
d. effective

24 One possible _____ of constant notifications is anxiety.

a. effect
b. affect
c. effective
d. affected

25 My teacher gave me useful _____ about managing my time.

a. advice
b. advise
c. advisor
d. advising

26 Doctors _____ teenagers to avoid high-caffeine drinks late at night.

a. advise
b. advice
c. advisable
d. advisor

27 A _____ choice is realistic and practical.

a. sensible
b. sensitive
c. sensational
d. sensory

28 Some people are very _____ to negative comments online.

a. sensitive
b. sensible
c. sensibly
d. sense

29 Please _____ that the source is reliable before sharing it.

a. ensure
b. assure
c. insure
d. assurance

30 The coach tried to _____ us that one bad result did not define us.

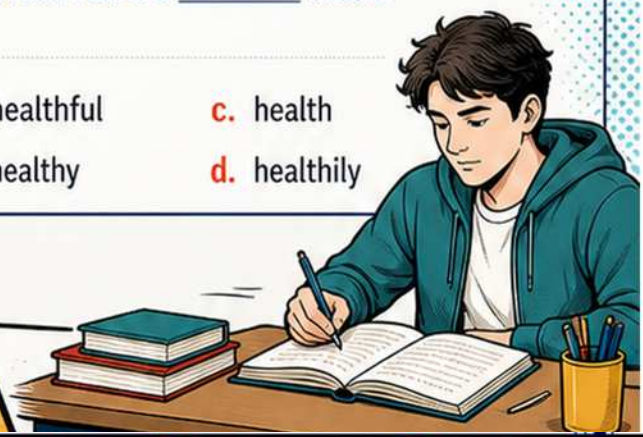
a. assure
b. ensure
c. insure
d. secure

31 A _____ diet supports physical well-being.

a. healthy
b. healthful
c. healthily
d. health

32 Fresh fruit is a _____ snack.

a. healthful
b. healthy
c. health
d. healthily



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UNIT 1 IV READING & LISTENING

القراءة والاستماع

1 نص القراءة الأول Reading Text 1 - Section 1.1

The "Impossible" Standard: Social Media and Self-Image

For teenagers, social media can be a place for friendship, creativity, learning, and inspiration. Yet the same platforms can also shape the way young people judge their appearance, success, and daily lives. The problem is not simply that people post photos. It is that online content is often curated: users select the best moments, edit images, and leave ordinary difficulties outside the frame. A viewer may therefore compare a normal day with someone else's highlight reel.

This kind of social comparison can create unrealistic expectations. A student who sees perfect study desks, perfect bodies, and perfect holidays every day may begin to believe that a successful life should always look impressive. Such beliefs can affect self-esteem, especially when the viewer forgets that the content has been selected for an audience. Rhetorical questions and intensifiers can make the message even stronger: 'Do you really want to fall behind?' or 'This is absolutely the best routine!' These expressions are persuasive, but they are not necessarily evidence.

Media literacy offers a practical response. Instead of accepting every post at face value, students can ask who created it, what purpose it serves, what information is missing, and what evidence supports its claims. They can also notice absolute words such as always, everyone, and never, and compare them with neutral or hedged alternatives such as may, some, and often. Critical viewing does not mean rejecting social media. It means using it with awareness. By striking a balance between online inspiration and real-life experience, teenagers can protect their self-image while still enjoying the benefits of digital connection.

Key reading skills: identify bias, rhetorical devices, intensifiers, absolute language, hedging, evidence and the writer's purpose.
مهارات القراءة الأساسية: تحديد التحيز والأساليب البلاغية وأدوات التقوية واللغة المطلقة والتحفظ اللغوي والأدلة وهدف الكاتب.

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UNIT 1 Listening Text 1 - Section 1.1

نص الاستماع الأول

Behind the Highlight Reel

Social-media platforms have become highly curated stages where people perform selected versions of their lives. In traditional media, celebrities used to appear distant from ordinary viewers. On social media, that distance seems smaller because users can see influencers at breakfast, at the gym, or apparently relaxing at home. However, this feeling of closeness can make social comparison more intense.

A highlight reel is not a complete record of reality. It is a collection of chosen moments. When viewers instinctively treat it as a full and accurate picture, they may judge their own lives unfairly. This is especially important for teenagers, who are still developing confidence and identity. The healthiest response is not panic or a complete ban. It is critical awareness.

Media literacy helps people ask useful questions: Was this image edited? Is the writer trying to sell something? Does the post show evidence, or only an opinion? Could another perspective explain the same situation differently? These questions create distance between the viewer and the message. In the digital age, that distance can protect self-esteem and help users make more balanced choices.

فهم سريع للاستماع — Quick Listening Check

- **Why does the speaker call social-media pages "curated stages"?**

_____

- **How can a highlight reel distort social comparison?**

_____

- **What four questions can media-literate users ask?**

_____

- **Why does the speaker prefer critical awareness to a complete ban?**

_____

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RELATIVE CLAUSE VS PARTICIPIAL CLAUSE

الفرق بين جملة الصلة والجملة المختصرة باسم الفاعل أو المفعول

Feature	Relative Clause	Participial Clause
Structure	relative pronoun + subject/finite verb	V-ing or V3/-ed; no relative pronoun
Use	gives information about a noun	gives the same information in a shorter form
Active meaning	who/which/that + active verb	V-ing
Passive meaning	who/which/that + be + V3	V3/-ed
Important	The noun is followed by a complete relative clause.	The reduced clause must refer to the same noun.

	FULL FORM	REDUCED FORM
1	Students who exercise regularly often sleep better.	Students exercising regularly often sleep better.
2	Teenagers who are influenced by unrealistic images may feel pressure.	Teenagers influenced by unrealistic images may feel pressure.
3	The app, which was designed for teenagers, includes reminders.	The app, designed for teenagers, includes reminders.

نستخدم V-ing عندما يكون المعنى معلومًا، ونستخدم V3/-ed عندما يكون المعنى مبنيًا للمجهول.

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UNIT 1 II LANGUAGE

القواعد

1 Participial Phrases واسم الفاعل واسم المفعول

A participial phrase begins with a verb in -ing or with a past participle (-ed / V3). It adds information to the main clause without creating a second full clause.

تبدأ العبارة participial بصيغة - ing أو التصريف الثالث، وتضيف معلومات إلى الجملة الرئيسية دون إنشاء جملة مستقلة كاملة.

Form	Use	Example
Present participle (-ing) -ing	active meaning / simultaneous action	Using social media critically, students can avoid misleading claims.
Past participle (V3/-ed) -ed	passive meaning / completed state	Influenced by online trends, some teenagers change their habits.
Reduced relative clause who/which that	who/which/that + be can often be reduced	Students who are using phones late → Students using phones late...

2 Important Rules ملاحظات مهمة

Rule	Example
The understood subject of the participial phrase must be the same as the subject of the main clause.	Exercising regularly, teenagers improve their fitness.
Use -ing for active meaning.	People comparing themselves with influencers may feel pressure.
Use V3/-ed for passive meaning.	Affected by lack of sleep, concentration becomes weaker.
A participial phrase can appear at the beginning, middle, or end of a sentence.	Students, encouraged by their families, often maintain healthier habits.

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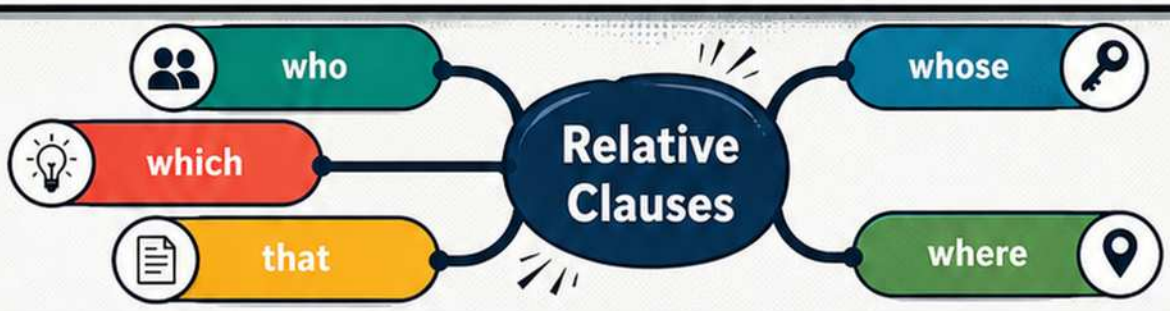
UNIT 1 Relative Clauses

جمل الوصل

2 Relative Clauses جمل الوصل

Relative word	Refers to	Example
who	people	Teenagers who sleep well usually concentrate better.
which	things/ideas	Mindfulness, which can reduce stress, is easy to practise.
that	people or things in defining clauses	Habits that support sleep should be maintained.
whose	possession	Students whose phones are beside the bed may sleep less.
where	places	A quiet room is a place where people can relax.



3 Defining vs Non-defining المحددة و غير المحددة

Type	Rule	Example
Defining	essential information; no commas; that is possible	Students who manage stress effectively often feel more confident.
Non-defining	extra information; commas; do not use that	Mindfulness, which is practised in many schools, can improve attention.

Object relative pronouns can sometimes be omitted in defining clauses: "The article (that) we read was balanced."
يمكن أحياناً حذف ضمير الوصل إذا كان مفعولًا به، في الجملة المحددة.

Relative word		Refers to	Example
who		people	Teenagers who sleep well usually concentrate better.
which		things/ideas	Mindfulness, which can reduce stress, is easy to practise.
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UNIT 1 If-Conditionals & Hedging

جمل الشرط والتحفظ اللغوي

3 If-Conditionals جمل الشرط

Type	Form	Use	Example
Zero conditional	If + present, present	general truth / habit	If teenagers sleep enough, they usually concentrate better.
First conditional	If + present, will/can/may + infinitive	real future possibility	If you reduce late-night screen time, you may sleep better.
Second conditional	If + past, would/could + infinitive	imagined/unlikely situation	If I had no phone for a week, I would spend more time outdoors.

4 Hedging Techniques أساليب التحفظ اللغوي

Technique	Examples	Model sentence
Modal verbs	may, might, could	Social comparison may affect self-esteem.
Reporting verbs	suggest, indicate, appear	The evidence suggests that sleep supports learning.
Frequency / quantity	often, generally, some, many	Some teenagers may feel pressure online.
Tendency phrases	tends to, is likely to	Late-night screen use tends to delay sleep.

Avoid unsupported absolutes such as “all”, “everyone”, “always”, “never”, and “completely”. Replace them with precise or cautious language when the evidence is limited.

تجنب الكلمات المطلقة غير المدعومة مثل all و everyone و always و never و استبدلها بلغة دقيقة ومتحفظة عندما محدودية الأدلة.

CONDITIONALS AT A GLANCE

Zero conditional — general truth / habit
→ **If + present, present**: If teenagers sleep enough, they usually concentrate better.

First conditional — real future possibility
→ **If + present, will/can/may + infinitive**: If you reduce late-night screen time, you may sleep better.

Second conditional — imagined/unlikely situation
→ **If + past, would/could + infinitive**: If I had no phone for a week, I would spend more time outdoors.

THE HEDGING SCALE

More certain ↓ More cautious

- **Modal verbs** — Social comparison may affect self-esteem.
- **Reporting verbs** — The evidence suggests that sleep supports learning.
- **Frequency / quantity** — Some teenagers may feel pressure online.
- **Tendency phrases** — Late-night screen use tends to delay sleep.

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UNIT 1 Language Notes & Transformations

ملاحظات وتحويلات

1 التحويل — From Relative Clause to Participial Phrase إلى participial phrase إلى

Full clause	Reduced form
People who exercise regularly often sleep better.	People exercising regularly often sleep better.
Teenagers who are influenced by unrealistic images may feel pressure.	Teenagers influenced by unrealistic images may feel pressure.
The habits that are recommended by nutritionists are usually simple.	The habits recommended by nutritionists are usually simple.

2 من اللغة المتحيزة إلى المحايدة — From Biased to Neutral

Biased / Absolute	Neutral + Hedging
Social media ruins teenagers' confidence.	Some forms of social-media use may negatively affect teenagers' confidence.
Everyone knows exercise is essential.	Research suggests that regular exercise plays an important role in health.
Teenagers waste all their time online.	Some teenagers may spend more time online than is healthy for them.

3 مراجعة علامات الترقيم — Punctuation Check

- Introductory participial phrase → comma: "Using a timer, I reduced my screen time."
- Non-defining relative clause → commas: "Sleep, which supports memory, is essential."
- Defining relative clause → no commas: "Students who sleep enough usually learn better."

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UNIT 1 General Exercise on Language

تدريب عام على القواعد

1 ابدأ التدريب Getting Started

Choose the correct answer from a, b, c or d.

1. _____ regularly, teenagers can improve both fitness and mood.
   a. Exercising b. Exercised c. Exercise d. To exercised

2. Students _____ phones late at night may sleep less.
   a. using b. used c. use d. uses

3. _____ by unrealistic images, some users become dissatisfied.
   a. Influenced b. Influencing c. Influence d. To influence

4. The article _____ we read discusses digital well-being.
   a. that b. who c. where d. whose

5. Teenagers _____ compare themselves constantly may feel pressure.
   a. who b. which c. where d. whose

6. Mindfulness, _____ can reduce stress, is easy to practise.
   a. which b. that c. who d. whose

7. A bedroom is a place _____ students should avoid bright screens before sleep.
   a. where b. who c. which d. whose

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UNIT 1 General Exercise on Language

تدريب عام على القواعد

Choose the correct answer from a, b, c or d.

8. The student _____ phone was turned off slept better.
   a. whose b. who c. which d. that

9. If you _____ enough sleep, your concentration usually improves.
   a. get b. will get c. got d. would get

10. If she reduces notifications, she _____ find it easier to study.
    a. may b. would c. had d. did

11. If I _____ a week without social media, I would spend more time outdoors.
    a. had b. have c. will have d. am having

12. Some posts _____ create unrealistic expectations.
    a. may b. must always c. never d. certainly all

13. The evidence _____ that regular activity supports well-being.
    a. suggests b. destroys c. orders d. proves absolutely

14. Which sentence uses hedging correctly?
    a. Some teenagers may feel pressure online.
    b. All teenagers are harmed by social media.
    c. Social media always destroys confidence.
    d. Everyone wastes time online.

15. The phrase "is likely to" expresses _____.
    a. probability b. certainty c. past time d. possession

16. People _____ a balanced diet often feel more energetic.
    a. following b. followed c. follows d. follow

17. _____ by a nutritionist, the plan became more realistic.
    a. Reviewed b. Reviewing c. Review d. Reviews

18. The programme _____ was introduced last month focuses on sleep.
    a. which b. who c. whose d. where

19. Students _____ exercise before school often report better mood.
    a. who b. which c. where d. whose

20. If teanagers use phones in bed, they _____ stay awake longer.
    a. may b. would have c. had d. were

21. If schools created more activity breaks, students _____ sit less.
    a. would b. will have c. had d. are

22. "Many studies indicate that..." is more neutral than "Everyone knows..." because it _____.
    a. refers to evidence and limits the claim
    b. uses an absolute word
    c. removes the subject d. changes the tense only

23. A participial phrase should logically describe _____.
    a. the subject of the main clause b. any noun in the paragraph
    c. only the verb d. the punctuation mark

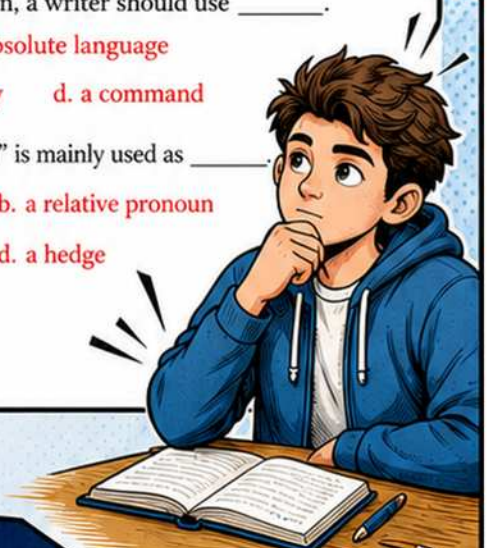
24. Which is correctly reduced? "People who are motivated by goals..."
    a. People motivated by goals...
    b. People motivating by goals...
    c. Motivate people by goals...
    d. People are motivated goals...

25. Which sentence contains a non-defining relative clause?
    a. Sleep, which supports memory, is essential.
    b. Students who sleep well concentrate better.
    c. The habits that help most are simple.
    d. People who exercise feel active.

26. Which word can replace "that" for a person in a defining clause?
    a. who b. where c. when d. why

27. If a claim is uncertain, a writer should use _____.
    a. hedging b. absolute language
    c. an intensifier only d. a command

28. The word "extremely" is mainly used as _____.
    a. an intensifier b. a relative pronoun
    c. a conjunction d. a hedge



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UNIT 1 General Exercise on Language

تدريب عام على القواعد

2 Special Cases حالات خاصة

Choose the correct answer from a, b, c or d.

29. The people _____ in the survey reported different experiences.
a. participating b. participated c. participate d. participation

30. The advice _____ by the nutritionist was practical.
a. given b. giving c. gives d. give

31. Students, _____ about exam stress, asked for a quiet room.
a. worried b. worrying c. worry d. worries

32. The app, _____ tracks screen time, can help users set limits.
a. which b. that c. who d. whose

33. The student to _____ I spoke had already tried mindfulness.
a. whom b. which c. where d. whose

35. The article _____ main claim is balanced includes several perspectives.
a. whose b. who c. which d. where

36. If people _____ active, their physical health often improves.
a. stay b. will stay c. stayed d. would stay

37. If you _____ the post carefully, you may notice its bias.
a. read b. will read c. had read d. would read

38. If he were more self-aware, he _____ notice when he needed a break.
a. would b. will c. does d. has

39. "Social media can be harmful" is less absolute than _____.
a. "Social media is always harmful." b. "Social media may be harmful."
c. "Some content can be harmful." d. "Certain uses could be harmful."

40. Which sentence contains cautious quantity language?
a. Many users may benefit from limits.
b. Every user needs the same limit.
c. No teenager can control screen time.
d. All platforms are harmful.

41. "The results appear to show..." means the writer is _____.
a. being cautious b. expressing total certainty
c. giving an order d. making a comparison

42. _____ from several sources, the report presents a balanced view.
a. Drawing evidence b. Drawn evidence
c. To drawn d. Draw evidence

43. The programme _____ students joined was free.
a. which b. who c. where d. whose

44. Students who were encouraged by parents often continued.
The best reduction is:
a. Students encouraged by parents often continued.
b. Students encouraging by parents often continued.
c. Encouraged parents students continued.
d. Students were encouraged parents continued.

45. Which sentence has a dangling participle?
a. Walking to school, the rain started suddenly.
b. Walking to school, I noticed the rain.
c. Encouraged by her teacher, Sara continued.
d. Using a planner, students organized their work.

46. Which sentence is punctuated correctly?
a. Feeling tired, Ali turned off his phone early.
b. Feeling tired Ali, turned off his phone early.
c. Feeling, tired Ali turned off his phone early.
d. Feeling tired Ali turned, off his phone early.

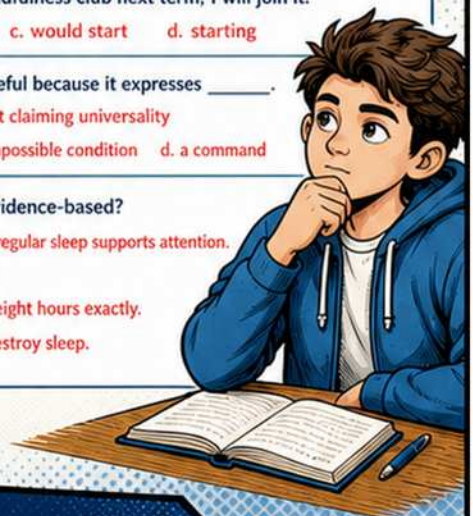
47. Which sentence uses a non-defining clause correctly?
a. My phone, which is three years old, still works well.
b. My phone that is three years old, still works well.
c. My phone which is three years old still works well.
d. My phone, that is three years old, still works well.

48. If I _____ more free time, I would join a sports club.
a. had b. have c. will have d. am having

49. If the school _____ a mindfulness club next term, I will join it.
a. starts b. started c. would start d. starting

50. The phrase "tends to" is useful because it expresses _____.
a. a general tendency without claiming universality
b. a past habit only c. an impossible condition d. a command

51. Which sentence is most evidence-based?
a. Several studies suggest that regular sleep supports attention.
b. Sleep fixes every problem.
c. Nobody can learn without eight hours exactly.
d. Everyone knows phones destroy sleep.



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UNIT 1 General Exercise on Language

تدريب عام على القواعد

3 Advanced Practice تدريب متقدم

Choose the correct answer from a, b, c or d.

52. _____ the source carefully, the student noticed that the claim had no evidence.

a. Evaluating b. Evaluated c. Evaluate d. Evaluation

53. _____ by a dramatic headline, readers may share a story too quickly.

a. Influenced b. Influencing c. Influence d. Influential

54. The healthy habits _____ in the article are practical for most students.

a. recommended b. recommending c. recommend d. recommends

55. The students _____ opinions differed still listened respectfully to one another.

a. whose b. who c. which d. where

56. The café _____ we met had a quiet study area.

a. where b. who c. whose d. which person

57. If people _____ every online claim without checking it, misinformation spreads.

a. accept b. will accept c. accepted d. would accept

58. If I were writing the report, I _____ include more than one perspective.

a. would b. will c. am d. have

59. Which revision best removes bias? "Influencers are fake."

a. Some influencer content may present an incomplete picture of daily life. b. Influencers are completely fake. c. No influencer is honest. d. Everyone knows influencers lie.

60. Which expression is an intensifier rather than a hedge?

a. extremely b. might d. appears to

61. Which expression is a hedge rather than an absolute?

a. could b. always d. completely

62. People _____ healthier routines usually need realistic goals.

a. developing b. developed d. develops

63. The report, _____ was based on interviews, included several perspectives.

a. which b. that d. where

64. Which sentence combines a claim with careful hedging?

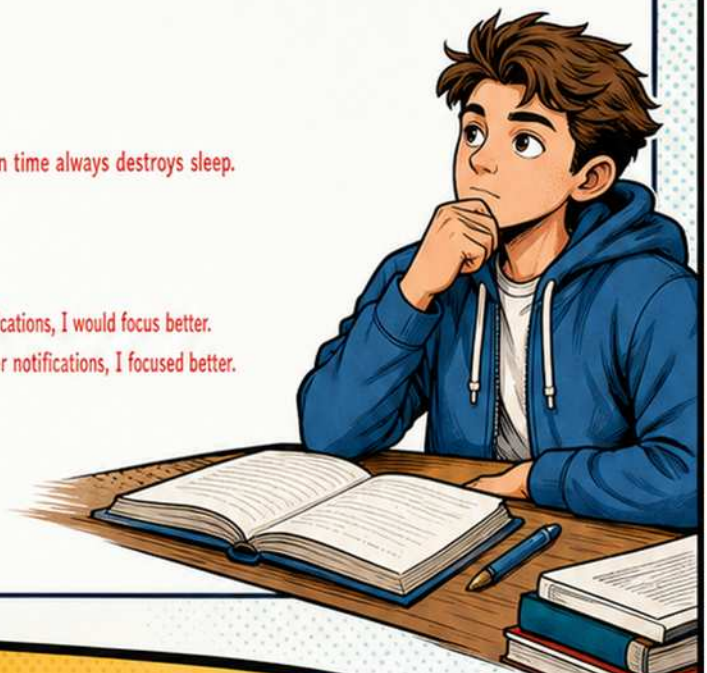
a. Excessive screen time may affect sleep quality for some teenagers. b. Screen time always destroys sleep.
c. All teenagers should ban phones.
d. Phones are completely dangerous.

65. Which sentence correctly uses the second conditional?

a. If I had fewer notifications, I would focus better. b. If I have fewer notifications, I would focus better.
c. If I had fewer notifications, I will focus better. d. If I would have fewer notifications, I focused better.

66. Which sentence is grammatically correct?

a. Students using media critically can make more informed choices.
b. Students used media critically can make more informed choices.
c. Using media critically, informed choices can be made by students.
d. Students who using media critically can make choices.



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UNIT 1 Grammar in Points

القواعد في نقاط

1 Participial Phrases Participial Phrases

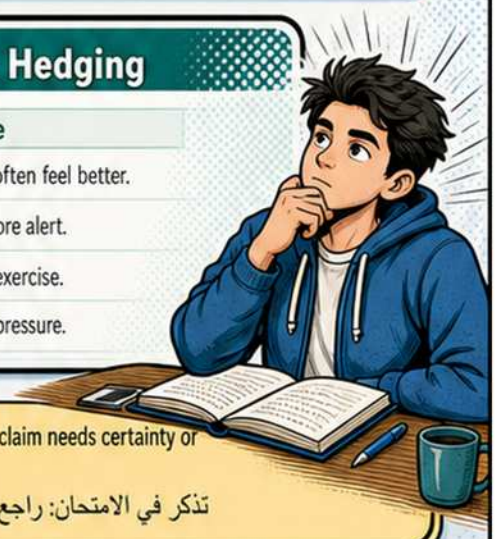
Point	Form	Meaning	Example
Present participle	V-ing	active meaning	Using a timer, I reduced screen time.
Past participle	V3 / -ed	passive meaning	Influenced by the post, he changed his routine.
Reduction	who/which/that + be → participle	People who are exercising → People exercising	

2 Relative Clauses Relative Clauses

Pronoun	Use	Note
who	people	defining or non-defining
which	things/ideas	defining or non-defining
that	people/things	defining only; no commas
whose	possession	followed by a noun
where	place	can replace in which

3 الشرط والتحفظ اللغوي Conditionals & Hedging

Structure	Use	Example
If + present, present	general result	If people move more, they often feel better.
If + present, will/may	real future	If I sleep early, I may feel more alert.
If + past, would	imagined situation	If I had more time, I would exercise.
may/might/could; some/many; tends to	hedging	Some users may experience pressure.



Exam reminder: check meaning, subject logic, relative-pronoun reference, commas, and whether the claim needs certainty or caution.

تذكر في الامتحان: راجع المعنى ومنطق الفاعل ومرجع ضمير الوصل والفواصل، وحدد هل تحتاج الجملة إلى يقين أم تحفظ.

4 مفردات تراكمية Accumulative Vocabulary

Word	المعنى	Word	المعنى
identity	هوية	expectation	توقع
influence	تأثير	evaluate	يَقيِّم

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UNIT 1 PART TWO - SECTION 1.3

1.3 الجزء الثاني - القسم

1 Key Vocabulary المفردات الأساسية

Word	المعنى	Word	المعنى
agency	القدرة على الاختيار والتصرف	ownership	تحمل المسؤولية
self-efficacy	الكفاءة الذاتية / الثقة في القدرة على النجاح	internal locus of control	مركز تحكم داخلي
socioeconomic	اجتماعي اقتصادي	structural barrier	عائق بنيوي
accessible	متاح / يسهل الوصول إليه	determinant	عامل محدد / مؤثر
upbringing	التنشئة	role model	قدوة
public policy	سياسة عامة	shared responsibility	مسؤولية مشتركة
disempowering	مُضعف للقدرة والثقة	accountability	مساءله / تحمل النتائج
inequality	عدم مساواة	affordable	ميسور التكلفة

2 Compound Adjectives الصفات المركبة

Word	المعنى	Word	المعنى
self-directed	موجه ذاتيًا	family-based	قائم على الأسرة
community-supported	مدعوم مجتمعيًا	low-income	منخفض الدخل
health-conscious	واع صحيًا	policy-driven	موجه بالسياسات
high-risk	عالي المخاطر	long-lasting	طويل الأثر

3 Key Idioms / Expressions تعبيرات مهمة

Expression	Meaning	Example
take ownership	accept responsibility for actions and results	Healthy change begins when people take ownership of realistic choices.
play a role	have an influence or function	Family and public policy both play a role in well-being.

4 Accumulative Vocabulary مفردات تراكمية

Word	المعنى	Word	المعنى
identity	هوية	resilience	مرونة نفسية
well-being	رفاهية	evidence	دليل
perspective	منظور	balance	توازن
influence	تأثير	maintain	يحافظ على
critical	ناقد	support	يدعم
pressure	ضغط	habit	عادة

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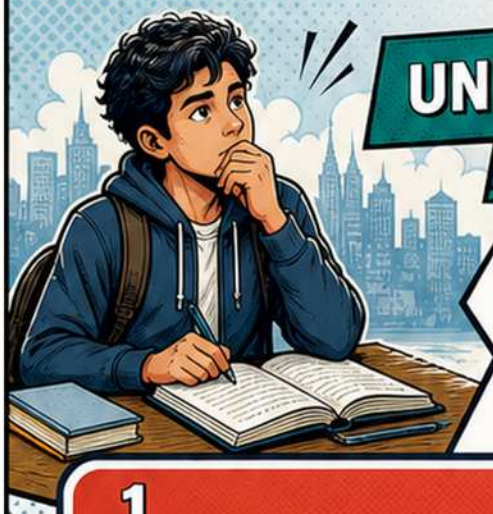

UNIT 1 Exercise on Vocabulary - Part Two

تدريبات مفردات الجزء الثاني

Choose the correct answer from a, b, c or d.
اختر الإجابة الصحيحة.

1 Key Vocabulary المفردات الأساسية

1. People need _____ to make choices and act on their values.
   a. agency b. structural barrier c. accountability d. upbringing
2. Taking _____ of a routine can build confidence.
   a. accountability b. determinant c. ownership d. affordable
3. Believing that you can make positive changes is called _____.
   a. role model b. self-efficacy c. shared responsibility d. disempowering
4. A person with an _____ believes personal actions can influence outcomes.
   a. internal locus of control b. determinant c. accountability d. shared responsibility
5. Income and education are _____ factors that can shape access to health resources.
   a. accessible b. public policy c. socioeconomic d. accountability
6. A lack of safe parks can become a _____ to physical activity.
   a. internal locus of control b. socioeconomic c. role model d. structural barrier
7. Healthy opportunities should be affordable and _____ to everyone.
   a. upbringing b. accessible c. structural barrier d. self-efficacy
8. Family income can be an important _____ of health choices.
   a. inequality b. public policy c. accessible d. determinant
9. Values learned through _____ often affect daily habits.
   a. self-efficacy b. upbringing c. ownership d. shared responsibility
10. A supportive coach can become a positive _____.
    a. accessible b. structural barrier c. determinant d. role model
11. School meal rules are an example of _____.
    a. internal locus of control b. agency c. public policy d. accesible
12. Creating healthy communities is a _____ involving individuals and institutions.
    a. role model b. self-efficacy c. shared responsibility d. socioeconomic
13. Telling people that change is impossible can be _____.
    a. disempowering b. public policy c. role model d. shared responsibility
14. Taking responsibility for results shows _____.
    a. structural barrier b. accountability c. accessible d. agency
15. Different access to safe facilities can create health _____.
    a. socioeconomic b. inequality c. determinant d. accountability
16. Public sports programmes should be _____ for low-income families.
    a. determinant b. ownership c. affordable d. upbringing

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UNIT 1 Exercise on Vocabulary - Part Two

تدريبات مفردات الجزء الثاني

2 Accumulative Vocabulary المفردات التراكمية

17. Daily choices can become part of a person's _____.
a. support b. identity c. neutral d. well-being

18. Supportive communities can strengthen _____.
a. resilience b. identity c. evaluate d. confidence

19. Safe public spaces contribute to community _____.
a. habit b. maintain c. critical d. well-being

20. Policy decisions should be based on reliable _____.
a. critical b. neutral c. pressure d. evidence

21. The debate includes both a personal and a social _____.
a. perspective b. connection c. culture d. well-being

22. Healthy living requires _____ between choice and support.
a. balance b. neutral c. support d. resilience

23. Advertising may _____ what young people buy.
a. evidence b. support c. influence d. habit

24. People are more likely to _____ habits that fit their daily lives.
a. resilience b. maintain c. culture d. pressure

25. A _____ reader asks who benefits from a claim.
a. culture b. critical c. balance d. pressure

26. Families can _____ teenagers by creating healthy routines.
a. evaluate b. critical c. well-being d. support

27. Young people may feel _____ from peers and advertising.
a. pressure b. resilience c. neutral d. support

28. Preparing lunch at home can become a healthy _____.
a. habit b. well-being c. choice d. confidence

29. Not every person has the same range of healthy _____.
a. measurable b. choice c. maintain d. evidence

30. We should _____ both personal and environmental factors.
a. perspective b. evaluate c. evidence d. habit

31. Family and _____ shape ideas about success.
a. measurable b. well-being c. balance d. culture

32. Community activities can strengthen social _____.
a. culture b. choice c. influence d. connection

33. Small successes can increase _____.
a. evaluate b. support c. measurable d. confidence

34. Health is both a personal and shared _____.
a. critical b. measurable c. responsibility d. balance

35. Policy goals should be _____ so progress can be checked.
a. measurable b. evidence c. influence d. resilience

36. A _____ article presents more than one side fairly.
a. resilience b. habit c. neutral d. critical

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UNIT 1 Definitions, Synonyms & Antonyms - Part Two

التعريفات والمترادفات والمتضادات

1 Definitions التعريفات

Word	Definition
agency	the ability to choose and act independently
ownership	accepting responsibility for a decision or result
self-efficacy	belief in one's ability to perform actions successfully
socioeconomic	related to social and economic conditions
structural barrier	an obstacle built into systems or environments
accessible	easy to reach, use, or obtain
determinant	a factor that strongly influences an outcome
upbringing	the way a child is raised and taught values
accountability	being responsible for actions and their consequences
inequality	an unfair difference in access, opportunity, or resources

2 Synonyms المترادفات

Word	Synonym
agency	independence, capacity
ownership	responsibility
accessible	available, reachable
determinant	factor, influence
upbringing	raising, education
accountability	responsibility
inequality	unfairness, disparity

3 Antonyms المتضادات

Word	Antonym
agency	powerlessness
ownership	avoidance
accessible	inaccessible
affordable	expensive
inequality	equality
disempowering	empowering
shared	individual

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UNIT 1 Exercise on Definitions, Synonyms & Antonyms - Part Two

تدريبات الجزء الثاني

1 Definitions التعاريف

1. Which word means “the ability to choose and act independently”?
   a. determinant b. agency c. self-efficacy d. upbringing
2. Which word means “accepting responsibility for a decision or result”?
   a. inequality b. structural barrier c. accessible d. ownership
3. Which word means “belief in one’s ability to perform actions successfully”?
   a. agency b. self-efficacy c. inequality d. upbringing
4. Which word means “related to social and economic conditions”?
   a. determinant b. socioeconomic c. accountability d. accessible
5. Which word means “an obstacle built into systems or environments”?
   a. ownership b. accessible c. upbringing d. structural barrier
6. Which word means “easy to reach, use, or obtain”?
   a. accessible b. socioeconomic c. upbringing d. ownership
7. Which word means “a factor that strongly influences an outcome”?
   a. ownership b. accessible c. determinant d. accountability
8. Which word means “the way a child is raised and taught values”?
   a. ownership b. upbringing c. accountability d. determinant
9. Which word means “being responsible for actions and their consequences”?
   a. socioeconomic b. upbringing c. inequality d. accountability
10. Which word means “an unfair difference in access, opportunity, or resources”?
    a. agency b. structural barrier c. inequality d. socioeconomic

2 Synonyms المرادفات

11. A synonym for “accessible” is _____.
    a. available b. hidden c. expensive d. unsafe
12. “Determinant” is closest in meaning to _____.
    a. factor b. argument c. habit d. result
13. The word “ownership” can mean _____.
    a. responsibility b. weakness c. inequality d. pressure
14. “Upbringing” is closest in meaning to _____.
    a. raising b. advertising c. employment d. exercise
15. A synonym for “accountability” is _____.
    a. responsibility b. freedom c. selection d. comparison
16. “Agency” can mean the personal _____ to choose and act.
    a. capacity b. fatigue c. bias d. evidencety
17. “Inequality” is closest in meaning to _____.
    a. disparity b. equality c. balance d. support

3 Antonyms المتضادات

18. The opposite of “accessible” is _____.
    a. inaccessible b. available c. affordable d. public
19. The opposite of “affordable” is _____.
    a. expensive b. reachable c. balanced d. shared
20. The antonym of “inequality” is _____.
    a. equality b. pressure c. agency d. habit
21. The opposite of “disempowering” is _____.
    a. empowering b. limiting c. expensive d. structural
22. “Shared” is opposite in meaning to _____.
    a. individual b. social c. common d. public
23. The opposite of “ownership” in this context is _____.
    a. avoidance b. responsibility c. accountability d. agency
24. The opposite of “agency” is _____.
    a. powerlessness b. capacity c. choice d. independence

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UNIT 1 IV VOCABULARY STUDY - PART TWO

دراسة مفردات الجزء الثاني

1 Collocations المتلازمات

Verb	Partner	المعنى
take	personal responsibility	يتحمل مسؤولية شخصية
build	self-efficacy	يبني الكفاءة الذاتية
remove	structural barriers	يزيل العوائق البنيوية
provide	equal access	يوفر وصولاً متساوياً
shape	health outcomes	يشكل النتائج الصحية
create	supportive conditions	يخلق ظروفاً داعمة

2 Expressions & Prepositions التعبيرات وحروف الجر

Expression	المعنى
take responsibility for	يتحمل مسؤولية
have access to	لديه وصول إلى
regardless of	بغض النظر عن
be influenced by	يتأثر بـ
be responsible for	يكون مسؤولاً عن
in response to	استجابة لـ
in addition to	بالإضافة إلى
at the heart of	في صميم

3 Useful Academic Language لغة أكاديمية مفيدة

Function	Expression
Present a view	One perspective argues that...
Contrast	However / By contrast / On the other hand...
Add evidence	Research suggests that... / According to the text...
Conclude	Overall, responsibility appears to be shared rather than entirely individual.

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UNIT 1 Word Families - Part Two

المشتقات - الجزء الثاني

Base / Noun	Related form	Related form
responsibility (n)	responsible (adj)	responsibly (adv)
empower (v)	empowerment (n)	empowering (adj)
disempower (v)	disempowerment (n)	disempowering (adj)
determine (v)	determinant (n)	determined (adj)
access (n/v)	accessible (adj)	accessibility (n)
society (n)	social (adj)	socially (adv)
economy (n)	economic (adj)	economically (adv)
structure (n)	structural (adj)	structurally (adv)
influence (n/v)	influential (adj)	influentially (adv)
choose (v)	choice (n)	chosen (adj)

2 Confusing Words كلمات متشابهة

Word 1	Meaning	Word 2	Meaning
economic	related to economy or money	economical	not wasteful / good value
responsible	having a duty	responsive	reacting quickly or positively
access	the ability to reach/use	excess	more than is needed
principal	main / head of a school	principle	a basic rule or belief

Exam tip: "economic" describes the economy; "economical" describes something that saves money or resources.
"economic": تعني متعلق بالاقتصاد؛ بينما "economical" تعني موفّراً وغير مبذّر

3 Key Compound Adjectives الصفات المركبة الأساسية

Compound adjective	المعنى	Compound adjective	المعنى
fast-changing	سريع التغير	image-based	قائم على الصور
screen-based	قائم على الشاشات	evidence-based	قائم على الأدلة
well-balanced	متوازن جيدًا	high-caffeine	عالي الكافيين
well-documented	موثّق جيدًا	stress-free	خال من التوتر
long-term	طويل المدى	short-term	قصير المدى
highly-curated	منسق بعناية شديدة	health-related	متعلق بالصحة
community-based	مجتمعي / قائم على المجتمع	research-led	موجه بالبحث
self-aware	واعٍ بذاته		

4 Key Idioms تعبيرات مهمة

Idiom	Meaning	Example
strike a balance	find a reasonable middle point	Teenagers need to strike a balance between screen time and real-life activities.
a wake-up call	an event that makes you realize a problem	Constant tiredness can be a wake-up call to improve your sleep habits.

5 Accumulative Vocabulary مفردات تراكمية

Word	المعنى	Word	المعنى
identity	هوية	expectation	توقع
influence	تأثير	evaluate	يُقيّم

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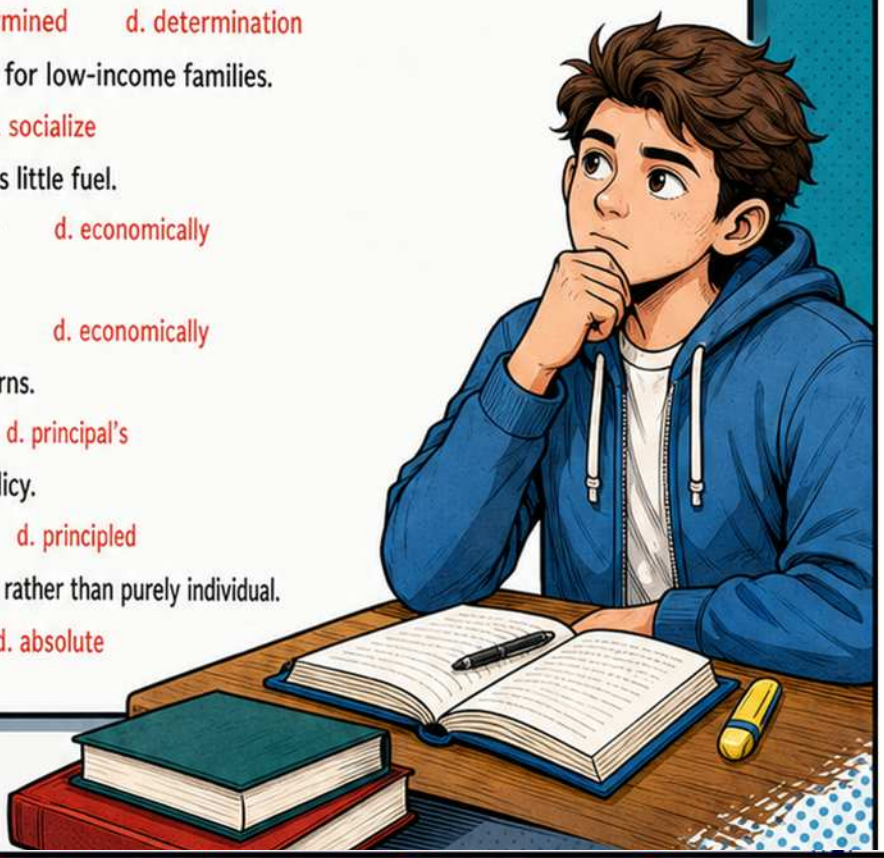
UNIT 1 Exercise on Vocabulary Study - Part Two

تدريبات دراسة المفردات

1. Individuals should _____ responsibility for realistic choices.
   a. take b. make c. do d. set
2. Policies can help _____ structural barriers to healthy living.
   a. remove b. rise c. compare d. curate
3. Everyone should have access _____ safe public spaces.
   a. to b. on c. by d. at
4. The result was similar regardless _____ income level.
   a. of b. to c. from d. with
5. The programme was introduced in response _____ community needs.
   a. to b. of c. for d. by
6. Her strong sense of _____ helped her continue after a setback.
   a. self-efficacy b. inequality c. bias d. fatigue
7. The new path improved the _____ of the park for wheelchair users.
   a. accessibility b. accessed c. accessible d. accessing
8. The project was designed to _____ young people to make healthy choices.
   a. empower b. powerless c. empowerment d. empowering
9. Cost is an important _____ of access to sports facilities.
   a. determinant b. determine c. determined d. determination
10. The city invested in _____ programmes for low-income families.
    a. social b. society c. socially d. socialize
11. This small car is very _____ because it uses little fuel.
    a. economical b. economic c. economy d. economically
12. Unemployment is an _____ issue.
    a. economic b. economical c. economy d. economically
13. The school _____ listened to parents' concerns.
    a. principal b. principle c. principally d. principal's
14. Fairness is an important _____ in public policy.
    a. principle b. principal c. principally d. principled
15. The article argues that responsibility is _____ rather than purely individual.
    a. shared b. curated c. sedentary d. absolute



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UNIT 1 V READING

القراءة

1 | نص القراءة الثاني Reading Text 2 - Section 1.3

Who Is Responsible for the Way We Live?

Many people argue that personal responsibility lies at the heart of a healthy life. From this perspective, individuals have agency: they can choose to exercise, prepare healthier food, manage stress, and set limits on screen time. Repeated choices can become habits, and habits can become part of identity. Psychologists often use the term self-efficacy to describe a person's belief that he or she can make a change successfully. When people take ownership of achievable goals, they may become more confident and resilient.

However, personal choice does not exist in a vacuum. A teenager living in a neighbourhood without safe parks cannot simply choose the same activity as someone who has free sports facilities nearby. A family with limited income may find fresh food less affordable than highly processed alternatives. These are structural barriers: conditions in the environment that restrict genuine choice. Upbringing, advertising, culture, school routines, and socioeconomic background can all influence what people see as normal or possible.

A third perspective therefore describes well-being as a shared responsibility. Individuals still make choices, but families, schools, communities, businesses, and governments can create conditions that make healthy choices more accessible. Public policy can improve school meals, provide safe public spaces, regulate misleading advertising, and support mental-health services. The most balanced conclusion is not that responsibility belongs only to individuals or only to society. Instead, personal agency and social support work together. People need both the confidence to act and a fair environment in which action is realistically possible.

Think critically: Which part of the argument is a claim, which is evidence/example, and where does the writer acknowledge a counter-argument?

فكّر نقدياً: حدد الادعاء والدليل أو المثال ومكان عرض الحجةَ المضادة.

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UNIT 1 VI LISTENING

الإستماع

2 نص الاستماع الثاني Listening Text 2

Shared Responsibility in a Healthy Community

Imagine two students who both want to exercise after school. One lives near a safe public sports centre that costs very little. The other lives far from any safe facility and must help at home every afternoon. It would be unfair to judge both students as if they had exactly the same choices.

This does not mean personal responsibility is unimportant. People still benefit from setting goals, managing time, and taking ownership of the choices that are available to them. But communities can expand those choices. Schools can offer activity clubs and healthy meals. Local authorities can create safe parks. Families can model balanced routines. Media companies can avoid presenting unrealistic or misleading health claims.

The idea of shared responsibility is therefore practical rather than an excuse. It asks two questions at the same time: What can the individual do? And what can the environment do to make healthy action more possible? When both sides respond, well-being becomes more accessible, fair, and sustainable.

أسئلة الاستماع Listening Questions

- **Why would it be unfair to judge the two students in exactly the same way?**

- **What responsibilities remain with the individual?**

- **Name three actions that communities or institutions can take.**

- **How does the speaker define shared responsibility?**

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UNIT 1 Skills - WRITING

مهارة الكتابة

مهارة كتابة فقرة تحليلية WRITING SKILL: AN ANALYTICAL PARAGRAPH

Part	Purpose	Model
1. Topic Sentence (Claim)	State a clear position that directly answers the question.	Physical activity may be one of the most important habits for overall well-being.
2. Reason	Give a logical reason that explains why the claim makes sense.	It supports both physical health and emotional balance.
3. Evidence	Support the idea with information from a text, example, observation, or fact.	According to the reading, regular activity can improve mood and concentration.
4. Explanation	Show how the evidence connects to the claim.	This means exercise supports daily functioning rather than fitness alone.
5. Counter-argument / Balance	Acknowledge another reasonable view when appropriate.	Although sleep is also essential, activity can directly reduce sedentary time.
6. Concluding Sentence	Restate and strengthen the main judgement.	Therefore, regular activity deserves a central place in a balanced routine.

1	Topic Sentence (Claim)	State a clear position that directly answers the question.	Physical activity may be one of the most important habits for overall well-being.
2	Reason	Give a logical reason that explains why the claim makes sense.	It supports both physical health and emotional balance.
3	Evidence	Support the idea with information from a text, example, observation, or fact.	According to the reading, regular activity can improve mood and concentration.
4	Explanation	Show how the evidence connects to the claim.	This means exercise supports daily functioning rather than fitness alone.
5	Counter-argument / Balance	Acknowledge another reasonable view when appropriate.	Although sleep is also essential, activity can directly reduce sedentary time.
6	Concluding Sentence	Restate and strengthen the main judgement.	Therefore, regular activity deserves a central place in a balanced routine.

قائمة مراجعة الفقرة Analytical Paragraph Checklist

- ☐ Clear claim that answers the question
- ☐ At least one clear reason
- ☐ Relevant evidence or example
- ☐ Explanation linking evidence to claim
- ☐ Nentral / hedged academic language when needed
- ☐ Concluding sentence that reinforces the judgement

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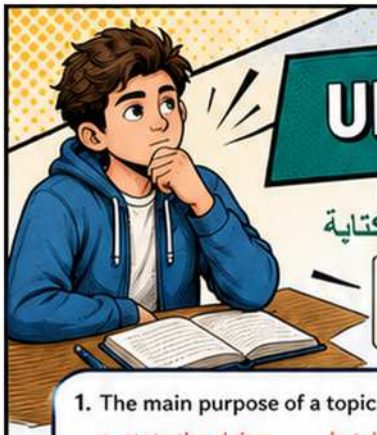

UNIT 1 Exercise on Writing Skill

تدريبات مهارة الكتابة

Choose the correct answer from a, b, c or d.
اختر الإجابة الصحيحة.

1. The main purpose of a topic sentence in an analytical paragraph is to _____.
   a. state the claim b. tell a story c. list vocabulary d. ask unrelated questions

2. Evidence should be _____.
   a. relevant to the claim b. longer than the paragraph c. based only on feelings d. unconnected to the reason

3. The explanation sentence should show _____.
   a. how the evidence supports the claim b. a new topic c. only a definition d. a title

4. A strong conclusion usually _____.
   a. reinforces the main judgement b. introduces a completely new argument c. copies the evidence word for word d. ends with an unrelated question

5. Which is the best analytical claim?
   a. Regular sleep may be one of the strongest supports for teenage well-being. b. Sleep is nice. c. I slept at ten yesterday. d. Do you like sleeping?

6. Which phrase introduces evidence?
   a. According to the text,... b. In my dream,... c. Suddenly,... d. Once upon a time,...

7. Which sentence is an explanation rather than evidence?
   a. This shows that regular sleep supports both learning and mood. b. The text states that sleep supports memory.
   c. A study reports fewer symptoms of fatigue. d. The article gives an example of a bedtime routine.

8. Which sentence uses appropriate hedging?
   a. Social connection may reduce feelings of isolation. b. Social connection always solves every problem. c. Nobody can be healthy without friends. d. All lonely people are unhealthy.

9. A counter-argument is used to _____.
   a. acknowledge another reasonable view b. avoid answering the question c. repeat the title d. remove evidence

10. Which connector best introduces contrast?
    a. However b. Therefore c. For example d. In addition

11. Which connector best introduces a result?
    a. Therefore b. Although c. Meanwhile d. For instance

12. Which sentence is most evidence-based?
    a. The reading suggests that mindfulness can help reduce stress. b. Mindfulness is definitely perfect for everybody. c. Everyone knows mindfulness works. d. Mindfulness is magic.

13. A paragraph becomes more coherent when sentences _____.
    a. connect logically to one main idea b. contain many unrelated facts c. use only short words d. avoid transitions

14. Which is the best concluding sentence?
    a. Overall, balanced habits appear more sustainable than extreme routines. b. My next point is about social media. c. For example, I walk to school.
    d. What is your favourite habit?

15. Which sentence is a clear reason?
    a. It helps students manage stress and maintain attention. b. According to the text, 8 hours is recommended. c. Therefore, it is important.
    d. Sleep is the topic.

16. Which sentence contains unnecessary absolute language?
    a. Every teenager must follow exactly the same routine. b. Some routines may work better for some students. c. Many students benefit from regular sleep. d. The evidence suggests that habits vary.

17. Which order is most logical?
    a. claim → reason → evidence → explanation → conclusion b. evidence → title → unrelated point → claim c. conclusion → evidence → greeting → title

18. An analytical paragraph should mainly be _____.
    a. focused and evidence-based b. fictional and dramatic c. a list of definitions d. a dialogue

19. The phrase "This suggests that..." is useful for _____.
    a. explaining evidence cautiously b. giving an absolute command c. starting a story d. listing vocabulary

20. A good paragraph should maintain _____.
    a. one clear line of reasoning b. several unrelated topics c. only personal feelings d. no conclusion

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UNIT 1 General Exercise

تدريب عام

I WRITING SKILL مهارة الكتابة

1. Which sentence is the strongest claim?
   a. A balanced routine may support well-being more effectively than extreme habits. b. Healthy life is good. c. I like walking. d. Do you exercise?
2. Which sentence gives evidence?
   a. The reading reports that regular sleep supports attention. b. This is important. c. I strongly agree. d. Therefore, sleep matters.
3. Which sentence explains evidence?
   a. This suggests that sleep affects learning as well as physical recovery. b. The text says sleep is important. c. For example, sleep. d. Sleep is a habit.
4. Which sentence introduces a counter-argument?
   a. Although diet is important, sleep also plays a major role. b. Therefore, I agree. c. For example, fruit is healthy. d. In conclusion, sleep matters.
5. Which sentence is the best conclusion?
   a. Overall, sustainable habits are more useful than unrealistic routines. b. First, I will discuss stress. c. A nutritionist is a health expert. d. Do you agree?
6. A paragraph should remain focused on _____.
   a. one controlling idea b. every idea in the unit c. a list of words d. several unrelated examples
7. Which connector adds another supporting point?
   a. In addition b. However c. Although d. Despite
8. Which connector gives an example?
   a. For example b. Therefore c. On the other hand d. Overall
9. Which phrase is most academic?
   a. The evidence suggests that... b. I totally know that... c. Obviously everyone... d. No doubt at all...
10. Which sentence avoids bias?
    a. Some users may experience pressure from image-based platforms. b. Social media ruins everybody. c. All influencers lie. d. Teenagers never think critically.

مراجعة لغوية

II LANGUAGE FEEDBACK

11. _____ regularly, students may improve their mood.
    a. Exercising b. Exercised c. Exercise d. Exercises
12. The article _____ we read was balanced.
    a. that b. who c. where d. whose
13. If I had more time, I _____ join a sports club.
    a. would b. will c. do d. have
14. Some claims _____ be misleading.
    a. may b. always c. never d. must all
15. The student _____ phone was switched off concentrated better.
    a. whose b. who c. which d. where

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

UNIT 1 Language Feedback

مراجعة لغوية

16. _____ by a dramatic post, some readers react too quickly.
a. Influenced b. Influencing c. Influence d. Influential

17. People _____ a balanced diet often have more energy.
a. following b. followed c. follows d. followed by

18. Mindfulness, _____ can reduce stress, requires regular practice.
a. which b. that c. who d. whose

19. If the school opens a new club, I _____ join it.
a. will b. would c. had d. did

20. If I lived closer to the park, I _____ exercise there more often.
a. would b. will c. am d. have

21. Which word is a hedge?
a. might b. always c. completely d. never

22. Which word is an intensifier?
a. extremely b. could c. some d. often

23. The phrase "appears to" expresses _____.
a. caution b. certainty c. possession d. comparison

24. The report was based _____ interviews with students.
a. on b. at c. to d. from

25. Teenagers are responsible _____ managing their own screen time.
a. for b. to c. with d. from

26. The new programme had an impact _____ attendance.
a. on b. to c. of d. by

27. She received useful _____ from a nutritionist.
a. advice b. advise c. advised d. advisor

28. Poor sleep can _____ concentration.
a. affect b. effect c. effective d. affected

29. The main _____ of the change was better focus.
a. effect b. affect c. effective d. affection

30. The city improved park _____ for people with disabilities.
a. accessibility b. accessible c. access d. accessed

31. Taking _____ for choices can build confidence.
a. responsibility b. responsible c. responsibly d. response

32. The opposite of "accessible" is _____.
a. inaccessible b. affordable c. available d. social

33. A synonym for "determinant" is _____.
a. factor b. result c. routine d. bias

34. "Economic" means _____.
a. related to the economy b. cheap and good value c. emotional d. easy to access

35. "Economical" means _____.
a. not wasteful or expensive b. related to national finance c. socially unfair d. completely free

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UNIT 1 III READING SKILL

مهارة القراءة

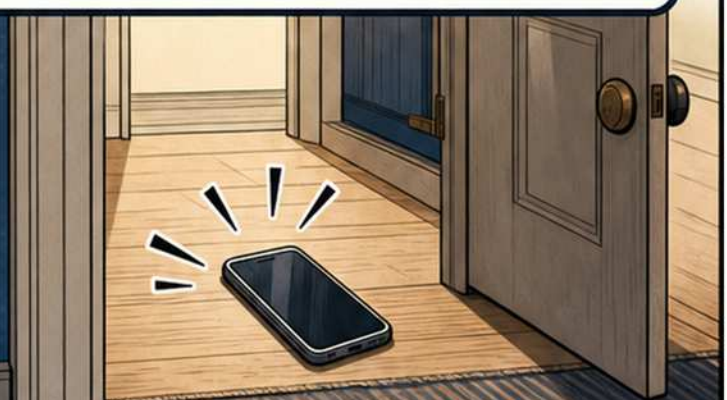
Read the following passage, then choose the correct answer: اقرأ الفقرة، ثم اختر الإجابة الصحيحة

A group of secondary-school students decided to test a simple idea: could reducing phone use during the final hour before sleep improve their mornings? For two weeks, they placed their phones outside the bedroom at 10 p.m. They did not change their homework schedules, diets, or exercise routines. At first, several students complained that the rule felt inconvenient. Some worried that they would miss messages.

By the second week, most students reported that falling asleep felt easier. They also said they were less tempted to check notifications after waking during the night. The students did not claim that the experiment solved every problem. A few noticed little difference, and one student found it difficult because she used her phone alarm. However, the group agreed that the experiment had made them more aware of how automatic their evening habits had become.

Their teacher used the project to discuss evidence. Personal reports can be useful, but they do not prove that the same result will happen for everyone. The class therefore described its conclusion cautiously: reducing late-night phone use may improve sleep for some students, and it can help users notice habits that they had previously underestimated.

1. What was the main purpose of the students' experiment?
   a. To test whether reducing phone use before sleep could improve mornings. b. To compare diets. c. To measure exercise speed d. To ban phones at school.
2. Why did some students dislike the rule at first?
   a. They were worried about missing messages. b. They had no phones. c. They disliked homework. d. They wanted more exercise.
3. What changed by the second week?
   a. Most students found it easier to fall asleep. b. Everyone slept ten hours. c. All students stopped using phones completely. d. The class changed its diet.
4. Why did the teacher ask students to describe the conclusion cautiously?
   a. Personal reports do not prove the same result for everyone. b. The experiment had no results. c. The students forgot the rules. d. The phones were broken.
5. The word "automatic" in the passage is closest in meaning to _____.
   a. done without much conscious thought b. expensive c. unrealistic
6. Which statement best summarises the passage?
   a. A small experiment incressed awareness and suggested possible sleep benefits without making an absolute claim. b. Phones are always harmful and should be banned. c. Homework is the main cause of poor sleep. d. Every student needs the same bedtime routine.



D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

UNIT 1 Reading Skill

مهارة القراءة

Read the following passage, then choose the correct answer: اقرأ القطعة، ثم اختر الإجابة الصحيحة

When a city opened a new public walking path, the project was advertised as a way to encourage healthier lifestyles. The path was free, well lit, and connected several neighbourhoods to a large park. At first, officials expected that people would simply choose to use it if they cared about their health. After several months, however, they noticed that use differed widely between areas.

Community interviews showed why. Some residents lived close to safe entrances, while others had to cross busy roads. Parents with young children wanted shaded areas and benches. Older residents asked for better lighting near their homes. These details showed that access is not just a matter of whether a facility exists. It also depends on whether people can reach and use it safely and comfortably.

The city responded by adding crossings, benches, drinking-water points, and signs. Use of the path increased. The lesson was not that individuals have no responsibility for their health. Rather, personal agency becomes more meaningful when the environment supports realistic choices.

7. Why did use of the walking path differ between areas?

a. People had different levels of safe and convenient access. b. Some people disliked parks completely.
c. The path charged different prices. d. Only teenagers were allowed to use it.

8. What did parents with young children request?

a. Shade and benches. b. More social media. c. Fewer entrances. d. Paid tickets.

9. What does the passage suggest about "access"?

a. It includes safety and convenience, not only existence. b. It means a place is free only. c. It depends entirely on is the same for everyone. d. It

10. What happened after the city improved the path?

a. Use increased. b. The path closed. c. Residents stopped walking. d. Officials removed the signs.

11. The final paragraph presents responsibility as _____.

a. a combination of personal agency and supportive conditions b. only a government duty c. only an individual duty d. unrelated to health

12. Which title is most suitable?

a. Healthy Choices Need Supportive Environments b. Why Walking Is Impossible c. The End of Personal Responsibility d. A Social Media Experiment

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

UNIT 1 IV TRANSLATION & WRITING

الترجمة والكتابة — اختر الترجمة العربية الصحيحة Choose the correct Arabic translation.

1. **Media literacy helps teenagers evaluate online claims instead of accepting them automatically.**
   a. تساعد التقافة الإعلامية المراهقين على تقييم الادعاءات على الإنترنت بدلاً من قبولها تلقائيا.
   b. تمنع التقافة الإعلامية المراهقين على تقييم الادعاءات على الإنترنت بدلاً من قبولها تلقائياً.

2. **A balanced lifestyle depends on sleep, nutrition, physical activity, and healthy social connection.**
   a. يعتمد نمط الحياة المتوازن على النوم والتغذية والنشاط البدني والتواصل الاجتماعي الصحي.
   b. لا يعتمد نمط الحياة المتوازن على النوم والتغذية والنشاط البدني والتواصل الاجتماعي الصحي.

3. **Some barriers to healthy living are structural, so communities also have a role in creating fair opportunities.**
   a. بعض عوائق الحياة الصحية بنيوية، لذلك للمجتمعات أيضاً دور في خلق فرص عادلة.
   b. جميع عوائق الحياة الصحية بنيوية، لذلك للمجتمعات أيضا دور في خلق فرص عادلة.

4. **Hedging language makes an argument more accurate when the evidence does not support an absolute claim.**
   a. تجعل لغة التحفظ الحجة أكثر دقة عندما لا تدعم الأدلة ادعاءً مطلقاً.
   b. تجعل لغة التحفظ الحجة أقل دقة عندما لا تدعم الأدلة ادعاءً مطلقاً.

ترجم إلى الإنجليزية — Translate into English.

5. يبيغي للشباب أن يوازنوا بين الوقت على الإنترنت والتواصل الحقيقي مع الأسرة والأصدقاء.

6. يمكن للعادات الصغيرة القابلة للقياس أن تبني الثقة وتساعد الناس على الاستمرار.

7. لا تحدد الصحة بالاختيارات الفردية وحدها؛ فالبنية والدخل والسياسات قد تؤثر أيضاً في الفرص.

8. عند قراءة منشور متحيز، من الأفضل أن نبحث عن الأدلة ونفكر في وجهات نظر أخرى.

مهمة الكتابة — Writing Task

Write an analytical paragraph of about 100-120 words on ONE of the following:

- "How can teenagers use social media without harming their self-image?"
- "Who should be responsible for helping young people live healthy lives?"

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

UNIT 1 | Reading & Listening Texts - Key Language

أهم لغة نصوص القراءة والاستماع

1 نص القراءة الأول | Reading Text 1: Social Media & Self-Image

Key expression	المعنى
curated content	محتوى منسق بعناية
highlight reel	عرض لأفضل اللحظات فقط
unrealistic expectations	توقعات غير واقعية
social comparison	مقارنة اجتماعية
media literacy	ثقافة إعلامية
absolute language	لغة مطلقة
hedging	تحفظ لغوي
critical awareness	وعي نقدي

2 نص القراءة الثاني | Reading Text 2: Responsibility & Well-being

Key expression	المعنى
personal agency	قدرة شخصية على الاختيار
self-efficacy	كفاءة ذاتية
take ownership	يتحمل المسؤولية
structural barriers	عوائق بنيوية
socioeconomic background	خلفية إجتماعية اقتصادية
shared responsibility	مسؤولية مشتركة
accessible opportunities	فرص متاحة
supportive environment	بيئة داعمة

3 Listening Focus تركيز الاستماع

- Identify the speaker's viewpoint and degree of certainty.
- Notice contrast markers: however, rather, instead, on the other hand.
- Separate evidence, examples, and opinion.
- Listen for hedges such as may, could, appears, and tends to.

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UNIT 1 Review through the Exam - Unit 1

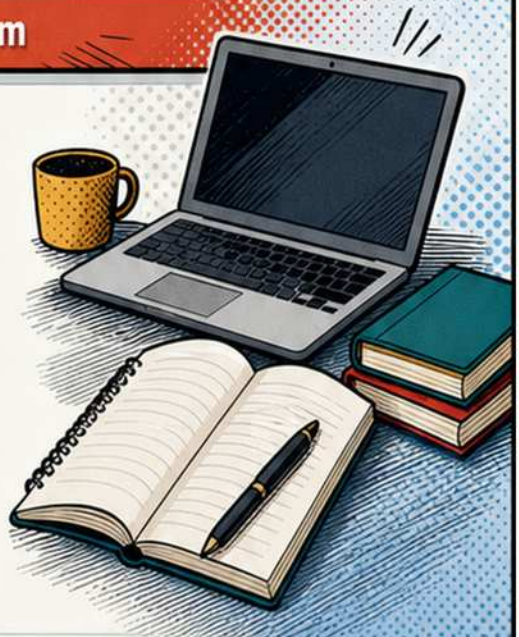
مراجعة من خلال الامتحان

25 Vocabulary Essentials أهم المفردات

Word	المعنى	Word	المعنى
well-being	الرفاهية / العافية	self-image	الصورة الذاتية
self-esteem	تقدير الذات	social comparison	المقارنة الإجتماعية
bias	تحيز	curated	منتقى ومنسق بعناية
unrealistic	غير واقعي	perspective	وجهة نظر / منظور
evidence	دليل / شواهد	media literacy	الثقافة الإعلامية
rhetorical question	سؤال بلاغي	intensifier	أداة تقوية / تشديد
hedging	التحفظ أو التخفيف اللغوي	absolute	قطعي / مطلق
neutral	محايد	agency	القدرة على الإختيار والتصرف
ownership	تحمل المسؤولية	self-efficacy	الكفاءة الذاتية / الثقة في القدرة على النجاح
internal locus of control	مركز تحكم داخلي	socioeconomic	اجتماعي اقتصادي
structural barrier	عائق بنيوي	accessible	متاح / سهل الوصول إليه
determinant	عامل محدد / مؤثر	upbringing	التنشئة
role model	قدوة		

Vocabulary through the Exam المفردات من خلال الامتحان

1. A balanced routine supports overall well-being. .....
2. Curated posts can create unrealistic expectations. .....
3. Media literacy helps users evaluate evidence. .....
4. Mindfulness can reduce stress for some people. .....
5. Sedentary habits may affect physical health. .....
6. Resilience helps people recover from setbacks. .....
7. Taking ownership can build self-efficacy. .....
8. Structural barriers can limit genuine choice. .....
9. Healthy opportunities should be accessible and affordable. .....
10. Well-being is often a shared responsibility. .....



D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

UNIT 1 Review through the Exam - Language

مراجعة القواعد

1 Language through the Exam القواعد من خلال الامتحان

1. Using a timer, I reduced my screen time.
2. Influenced by edited images, some users may feel pressure.
3. Students who sleep well usually concentrate better.
4. Sleep, which supports memory, is often underestimated.
5. If people exercise regularly, they usually feel more active.
6. If I reduce late-night screen use, I may sleep better.
7. If I had a safer park nearby, I would exercise there.
8. Some social-media use may negatively affect self-esteem.
9. The evidence suggests that balanced habits are more sustainable.
10. Many factors, including income and upbringing, can shape health choices.

2 Writing through the Exam الكتابة من خلال الامتحان

Step	What to do
Claim	Answer the question directly.
Reason	Explain why your claim makes sense.
Evidence	Use a fact, example, or detail from the text.
Explanation	Connect the evidence to your claim.
Balance	Acknowledge another reasonable view if useful.
Conclusion	Reinforce your overall judgement.

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

UNIT 1 Sample Test 1

نموذج امتحان 1

اختر الإجابة الصحيحة | Choose the correct answer from a, b, c or d.

1. A carefully selected online profile is described as _____.
   a. curated b. sedentary c. accessible d. economic
2. The ability to judge media critically is called _____.
   a. media literacy b. self-efficacy c. uphringing d. fatigue
3. A lack of safe parks can be a structural _____.
   a. barrier b. perspective c. evidence d. comparison
4. A balanced argument should avoid unsupported _____ words.
   a. absolute b. neutral c. measurable d. social
5. The school invited a _____ to discuss healthy eating.
   a. nutritionist b. determinant c. principal d. role model
6. _____ by online pressure, some students take unnecessary risks.
   a. Influenced b. Influencing c. Influence d. Influential
7. The article _____ we read included two perspectives.
   a. that b. who c. where d. whose
8. If I had fewer notifications, I _____ focus better.
   a. would b. will c. am d. have
9. The phrase "may affect" is an example of _____.
   a. hedging b. intensifying c. absolute language d. comparison
10. Taking _____ of realistic goals can build confidence.
    a. ownership b. bias c. fatigue d. inequality
11. Which is the most neutral sentence?
    a. Some users may feel pressure online. b. Social media destroys everyone. c. All influencers are fake. d. Teenagers never think critically.

اقرأ القطعة | Read the passage.

Mariam noticed that she often opened social media while studying, even when she had no message to check. Instead of deleting every app, she decided to run a one-week experiment. She turned off non-essential notifications and placed her phone in another rooer room for 30-minute study periods. At first, the silence felt strange. By the third day, however, she found it easier to complete short tasks without interruption.

Mariam did not conclude that phones were 'bad'. She still used them to talk to friends and search for information. Her main discovery was that automatic habits can be changed more easily when the environment changes too. A simple rule - keeping the phone out of reach for a limited time - reduced the temptation to check it. The experiment became a wake-up call about how often attention is shaped by design rather than deliberate choice.

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

UNIT 1 Sample Test 1

نموذج امتحان 1

12. Why did Mariam begin the experiment?

a. She kept checking social media while studying. b. Her phone was broken. c. Her teacher banned phones. d. She wanted more followers.

13. What did she turn off?

a. Non-essential notifications. b. Her internet permanently. c. All messages from friends. d. Her alarm clock.

14. What changed by the third day?

a. She completed short tasks more easily. b. She stopped using technology. c. She studied all night. d. She deleted every app.

15. What was Mariam's main conclusion?

a. Changing the environment can make habits easier to change. b. Phones are always bad. c. Only willpower matters.
be illegal.

16. The word "deliberate" is closest in meaning to _____.

a. intentional b. automatic c. curated d. expensive

17. The passage is mainly about _____.

a. a small experiment in managing attention b. the history of social media c. a new phone design d. a school sports programme

18. Which statement is true?

a. Mariam continued using her phone for useful purposes. b. Mariam stopped speaking to friends.
c. Mariam's experiment lasted a month.

19. The phrase "wake-up call" means _____.

a. an event that makes someone realize a problem b. a morning alarm only c. a difficult exam d. a social invitation

اقرأ القطعة الثانية Read the second passage.

A secondary school introduced a quiet 15-minute period after lunch. Students could read, sit quietly, or practise simple breathing exercises. Participation was not presented as a cure for stress; the school described it as one possible tool among several. Teachers noticed that some classes became calmer after the break, while other classes showed little change.

The school therefore avoided claiming that the programme worked for everyone. Instead, it collected student feedback and adjusted the activity. Some students preferred walking outdoors, so an optional walking group was added. The programme's strength was its flexibility: it offered several ways to recover attention rather than forcing one method on every student.

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

UNIT 1 Sample Test 1

1 نموذج امتحان

20. What was the purpose of the quiet period?
a. To offer one possible tool for managing attention and stress. b. To replace all lessons. c. To punish noisy students. d. To guarantee mental health.
ar isr students.

21. Why did the school collect feedback?
a. To adjust the programme to students' needs. b. To cancel the programme immediately. c. To prove it worked for everyone. d. To compare exam marks only.

22. What did some students prefer?
a. Walking outdoors. b. Longer screen time. c. More caffeine. d. No lunch break.

23. The programme was described as flexible because it _____.
a. offered several possible approaches b. required identical routine c. banned exercise d. ignored feedback

24. Which phrase from the passage shows hedging?
a. one possible tool b. worked for everyone c. perfect solution d. all students

25. What is the main lesson?
a. Supportive programmes work better when they allow different needs. b. One method should be forced on everyone. c. Mindfulness always works. d. Students should avoid all breaks.

26. The opposite of "optional" is _____.
a. compulsory b. accessible c. curated d. neutral

27. The word "adjusted" is closest in meaning to _____.
a. modified b. destroyed c. ignored d. measured

2 اللغة والمفردات Language & Vocabulary

28. The path should be safe and _____ to local families.
a. accessible b. absolute c. sedentary d. biased

29. If the city _____ more benches, older people may use the park more.
a. adds b. added c. would add d. adding

30. People _____ by supportive families often feel more confident.
a. encouraged b. encouraging c. encourage d. encourages

31. The report, _____ includes three viewpoints, is balanced.
a. which b. that c. who d. whose

22. A synonym for "resilience" is _____.
a. adaptability b. fatigue c. inequality d. bias

33. The opposite of "affordable" is _____.
a. expensive b. available c. healthy d. shared

34. The word "extremely" is an _____.
a. intensifier b. hedge c. relative pronoun d. preposition

35. Which word means "a factor that influences an outcome"?
a. determinant b. nutritionist c. curated d. recovery

3 الترجمة Translation

36. Choose the best Arabic translation: "Healthy choices become easier when communities provide safe and affordable opportunities.

a. تصبح الاختيارات الصحيةأ سهل عندما توفر المجتمعات فرضا فرصاً آمنة وميسورة التكلفة .

b. تصبح الاختيارات الصحيلة مستحيلة عندما توفر المجتمعات فرصاً كثيرة .b

37. Choose the best Arabic translation: "Some online claims may sound persuasive even when they are not supported by evidence."

a. قد تبدو بعض الادعاءات على التزنت مقنعة حتى عندما لا تدعمها أدلة .b

b. كل الادعاءات على الإنتزنت صحيحة ومدعومة بالأدلة .b

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UNIT 1 Sample Test 1

1 نموذج امتحان 1

ترجم إلى الإنجليزية Translate into English.

38. يجب أن يقيم الطلاب الأدلة قبل أن يقبلوا أي ادعاء على الإنترنت.

---

39. تتحسن الرفاهية عندما يعمل الاختيار الشخصي والدعم الاجتماعي معًا.

أجب عن الأسئلة التالية Answer the following questions.

40. Why is a balanced view of social media more useful than a completely negative view?

---

41. How can structural barriers affect a teenager's ability to live a healthy life?

الكتابة Writing

42. Write a paragraph of about SIX (6) lines on: "A healthy habit I can realistically maintain."

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UNIT 1 Sample Test 2

نموذج امتحان 2

اختر الإجابة الصحيحة Choose the correct answer from a, b, c or d.

1. A person's belief that he or she can succeed is called _____.
   a. self-efficacy b. social comparison c. fatigue d. bias
2. The word "unrealistic" is opposite in meaning to _____.
   a. practical b. curated c. absolute d. sedentary
3. A _____ claim uses careful words such as "may" and "some".
   a. hedged b. absolute c. biased d. high-caffeine
4. The phrase "at the heart of" means _____.
   a. central to b. far from c. opposite to d. unrelated to
5. A cheap sports programme is more _____ for low-income families.
   a. affordable b. curated c. intense d. absolute
6. _____ the source, I noticed the writer used no evidence.
   a. Evaluating b. Evaluated c. Evaluation d. Evaluate by
7. The students _____ joined the walking group enjoyed it.
   a. who b. which c. where d. whose
8. If I lived closer, I _____ walk to school.
   a. would b. will c. do d. have
9. The phrase "some research suggests" is used to _____.
   a. hedge a claim b. make it absolute c. create a command d. show possession
10. "Economic" is related to _____.
    a. the economy b. saving money in use c. emotions d. nutrition
11. Which sentence is most balanced?
    a. Personal choices matter, but access and support also influence health. b. Health is entirely a personal choice. c. Government alone is responsible for health. d. Nobody can improve without money.

اقرأ القطعة Read the passage.

A neighbourhood youth centre wanted to increase physical activity among teenagers. Instead of assuming that students were simply lazy, the centre asked them about barriers. Many said that the existing sessions finished too late for public transport. Others said the fees were small but still difficult for some families. A third group wanted activities that were social rather than highly competitive.

The centre changed its timetable, created two free sessions each week, and added walking and non-competitive fitness groups. Attendance increased. The project showed that motivation matters, but motivation works within real conditions. When organisations listen to users, they can remove barriers without removing personal responsibility.

D.M.RAZK موقع الدكتور محمد رزق معلم الكيمياء التعليمي

UNIT 1 Sample Test 2

نموذج امتحان 2

12. Why did the youth centre interview teenagers?

a. To identify barriers to participation. b. To punish them. c. To sell sports equipment. d. To close the centre.

13. What problem did some students have with the timetable?

a. Sessions ended too late for public transport. b. Sessions began too early for breakfast. c. Sessions were online.
d. Sessions were too short.

14. What financial change was made?

a. Two free sessions were introduced each week. b. All fees increased. c. The centre became private.
d. Transport became expensive.

15. Why were walking groups added?

a. Some teenagers preferred social, non-competitive activities. b. Walking was the only legal activity.
c. The centre had no equipment at all.

16. What happened after the changes?

a. Attendance increased. b. The centre closed. c. Fees doubled. d. Students stopped exercising.

17. What is the writer's main point?

a. Healthy participation depends on both motivation and practical conditions. b. Motivation never matters.
c. Money is the only barrier. d. Competition is always harmful.

18. The word "barriers" is closest in meaning to _____.

a. obstacles b. benefits c. goals d. evidence

19. Which phrase best describes the centre's approach?

a. community-supported and responsive b. absolute and biased c. curated and image-based d. sedentary and unrealistic

اقرأ القطعة الثانية Read the second passage.

Nour decided to improve her sleep during exam month. She first set an extreme goal: no phone after 7 p.m. and sleep at exactly 9 p.m. every night. The plan lasted only two days because it did not fit her family routine. Instead of giving up, she created a more realistic rule. She changed her phone outside the bedroom and stopped social medias before sleep.

The second plan was less dramatic but more sustainable. Nour learned that well-being is often supported by small, measurable habits rather than perfect routines. She also became more self-aware: on stressful nights, she noticed that she reached for her phone automatically. Recognising the habit gave her a chance to choose differently.

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UNIT 1 Sample Test 2

نموذج امتحان 2

20. Why did Nour's first plan fail?

a. It did not fit her family routine. b. She lost her phone. c. She had no exams. d. Her teacher disagreed.

---

21. What was different about the second plan?

a. It was more realistic and measurable. b. It was stricter. c. It required no sleep. d. It involved more caffeine.

---

22. Where did Nour charge her phone?

a. Outside the bedroom. b. Under her pillow. c. At school. d. In the kitchen only at noon.

---

23. What did Nour become more aware of?

a. Her automatic phone habit during stress. b. Her diet only. c. Her friends' routines. d. Her school timetable only.

---

24. The word "sustainable" is closest in meaning to _____.

a. able to continue over time b. expensive c. perfect d. social

---

25. What does the passage suggest about habits?

a. Small realistic changes may last longer than extreme plans. b. Extreme plans always work.

c. All students need the same routine. d. Phones should be banned completely.

---

26. The phrase "reached for" most nearly means _____.

a. moved to take b. argued about c. paid for d. threw away

---

27. Which title is best?

a. Small Changes, Stronger Habits b. The Perfect Exam Month c. Why Phones Are Always Bad

d. A Nutritionist's Advice

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UNIT 1 Sample Test 2

نموذج امتحان 2

Language & Vocabulary اللغة والمفردات

28. The plan was _____ by family routines.
a. influenced b. influencing c. influence d. influentially

29. If Nour _____ an extreme rule again, it might be difficult to maintain.
a. uses b. used c. would use d. using

30. The routine _____ lasted was the realistic one.
a. that b. who c. where d. whose

31. Which word is a synonym for "measurable"?
a. trackable b. absolute c. biased d. sedentary

32. Which word is an antonym of "resilience"?
a. fragility b. confidence c. support d. agency

32. The students should focus _____ realistic goals.
a. on b. to c. by d. at

34. Taking _____ for change means accepting responsibility.
a. ownership b. fatigue c. comparison d. bias

35. The word "could" in "could improve" is a _____.
a. hedge b. intensifier c. absolute word d. relative pronoun

Translation الترجمة

36. A healthy environment gives people a fairer chance to make positive choices.
a. تمنح البيئة الصحية الناس فرصة أكثر عدلاً لاتخاذ اختيارات إيجابية
b. تمنح البيئة الضعيفة الناس فرصة أكثر عدلاً لاتخاذ اختيارات إيجابية

37. Critical readers notice when a post uses strong language without enough evidence.
a. يلاحظ القراء النقادون عندما يستخدم المنشور لغة قوية دون أدلة كافية
b. يلاحظ القراء غير المهتمين عندما يستخدم المنشور لغة قوية دون أدلة كافية

38. يمكن للمدارس أن تدعم رفاهية الطلاب من خلال توفير مساحات آمنة وأنشطة متنوعة.
_____.

39. عندما تكون الأدلة محدودة، يجب على الكاتب استخدام لغة متحفظة بدلاً من الادعاءات المطلقة.
_____.

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UNIT 1 Sample Test 2

نموذج امتحان 2

أجب عن الأسئلة التالية Answer the following questions.

40. Why is “shared responsibility” a useful way to think about well-being?

41. How can realistic, measurable habits improve self-efficacy?

الكتابة Writing

42. Write a paragraph of about SIX (6) lines on: “How can a school support students’ well-being?”

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UNIT 1 Question Bank for Unit 1

بنك أسئلة الوحدة الأولى

1 أكمل الحوار 1 Supply the missing parts in the following dialogue.

Speaker	Dialogue
Salma	I think social media can be useful, but it can also create pressure.
Noura	(1) _____ ?
Salma	Because people often compare ordinary life with curated posts.
Noura	(2) _____ .
Salma	Exactly. Media literacy helps us notice bias and missing information.
Noura	(3) _____ ?
Salma	I usually check the source and look for evidence.
Noura	(4) _____ .

2 اعدْ كتابة الجمل باستخدام الكلمات بين القوسين 2 Rewrite using the word(s) in brackets.

1. People who exercise regularly often feel more energetic. (exercising) _____
2. The students were influenced by the campaign, so they changed their routine. (Influenced) _____
3. This is the article which explains the highlight-reel effect. (that) _____
4. I do not have a safe park nearby, so I do not exercise there. (If) _____
5. It is possible that social comparison affects self-esteem. (may) _____
6. Everyone is harmed by social media. (Some) _____
7. The city made the sports centre easier to reach. (accessible) _____
8. People should accept responsibility for their choices. (ownership) _____
9. The family has little money, but it still prioritizes healthy food. (low-income) _____
10. The report is based on evidence. (evidence-based) _____
11. The programme is supported by the community. (community-supported) _____
12. The diet is balanced very well. (well-balanced) _____
13. The habits are related to health. (health-related) _____
14. The policy is driven by research. (research-led) _____
15. The student is aware of his own stress signals. (self-aware) _____
16. The change can be measured. (measurable) _____

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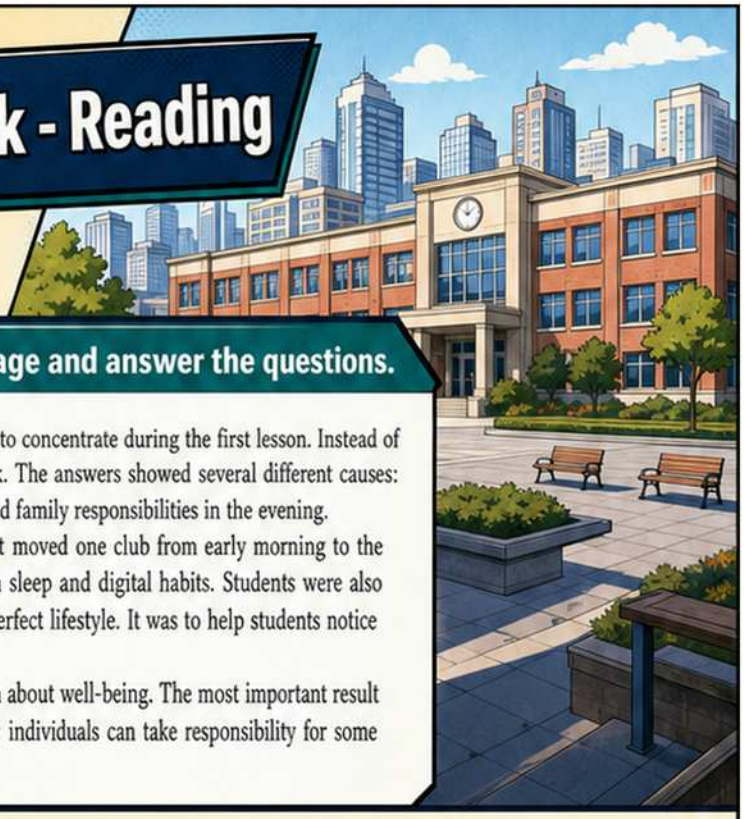
UNIT 1 Question Bank - Reading

بنك أسئلة - قراءة



اقرأ القطعة وأجب عن الأسئلة | Read the following passage and answer the questions.

A school in a busy city noticed that many students arrived tired and found it difficult to concentrate during the first lesson. Instead of assuming that students were simply careless, teachers collected anonymous feedback. The answers showed several different causes: some students travelled long distances, some used screens late at night, and others had family responsibilities in the evening.

The school could not solve every problem, but it could improve some conditions. It moved one club from early morning to the afternoon, created a quiet study area before classes, and offered a short session on sleep and digital habits. Students were also encouraged to set one measurable goal for two weeks. The aim was not to create a perfect lifestyle. It was to help students notice which changes were realistic for them.

At the end of the month, teachers reported that the project had improved conversation about well-being. The most important result was not a dramatic change in every student. It was a more balanced understanding: individuals can take responsibility for some choices, while schools and families can make healthy choices easier to maintain.

1. **Why did the teachers collect anonymous feedback?**
   a. To understand different causes of tiredness. b. To punish students. c. To compare social-media followers. d. To sell a new programme.
2. **Which was NOT mentioned as a cause of tiredness?**
   a. Expensive school meals. b. Long travel times. c. Late-night screen use. d. Family responsibilities.
3. **What change did the school make to a club?**
   a. It moved it from early morning to the afternoon. b. It cancelled it permanently. c. It made it more expensive. d. It moved it online only.
4. **What kind of goal were students asked to set?**
   a. One measurable goal. b. A perfect lifestyle. c. Ten goals at once. d. A goal chosen by influencers.
5. **What was the project's main aim?**
   a. To help students identify realistic changes. b. To guarantee perfect sleep. c. To make every student exercise daily. d. To remove all family responsibilities.
6. **What did teachers consider the most important result?**
   a. A more balanced understanding of responsibility. b. A dramatic change in everyone. c. Higher social-media use. d. A longer school day.
7. **The word "maintain" is closest in meaning to _____.**
   a. continue b. measure c. compare d. avoid
8. **Which statement best reflects the writer's view?**
   a. Well-being is influenced by both choices and conditions for health. b. Students alone are responsible for everything. c. Schools alone are responsible for health. d. Healthy living requires perfect routines.

أسئلة إضافية | Extension Questions

- **How does the project show shared responsibility?**

_____

_____

- **Which school action do you think was most useful? Explain.**

_____

_____

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UNIT 1 Question Bank - Translation & Writing

بنك أسئلة - ترجمة و كتابة

A. Translate into Arabic. ترجم إلى العربية

1. Social media can inspire healthy habits, but curated content may also create unrealistic expectations.

2. Good sleep, balanced nutrition, physical activity, and social connection all contribute to well-being.

3. People are more likely to maintain habits when goals are realistic and measurable.

4. Structural barriers can limit choice, so fair communities should make healthy opportunities more accessible.

5. Critical readers evaluate evidence, notice bias, and consider different perspectives before reaching a judgement.

B. Translate into English. ترجم إلى الإنجليزية

1. ينبغي للمرهقين أن يدركوا أن ما يرونه على الإنترنت قد يكون نسخة منتقاة من الواقع.

2. تساعد اليقظة الذهنية بعض الطلاب على إدارة التوتر والانتباه للحظة الحالية

3. لا تساوي الفرص الصحية دائمًا، لأن الدخل والبيئة قد يفرضان عوائق حقيقية.

4. تتحسن الكفاءة الذاتية عندما يحقق الشخص أهدافًا صغيرة يمكن قياسها.

5. المسؤولية المشتركة تعني أن الأفراد والمجتمع يعملون معًا لتسهيل الاختيارات الصحية.

C. Write a paragraph of about 120 words on ONE topic. اكتب فقرة نحو 120 كلمة في موضوع واحد

1. How can young people protect their self-image in the age of social media?
2. Why is well-being both a personal and a shared responsibility?

Unit checklist: Vocabulary ✓ Definitions ✓ Synonyms/Antonyms ✓ Collocations ✓ Derivatives ✓ Confusing words ✓ Reading/Listening ✓ Grammar ✓ Translation ✓ Writing ✓

قائمة مراجعة الوحدة: مفردات وتعريفات ومترادفات ومتضادات ومشتقات وكلمات متشابهة وقراءة واستماع وقواعد وترجمة وكتابة.

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